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# NAUTILUS

*Magazine of New Thought*  
*Edited by Elizabeth Towne*  
*and William E. Towne*



This magazine tells you:

How you can Have **PERSONALITY**  
How to Treat Yourself for Health,  
Joy, Success

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# BOOKS AND LIFE

*"Many times the reading of a book has made the future of a man."---Emerson*

SEPTEMBER 1923

## You Can Receive Whatsoever You Desire

Elinor Moody, the Girl Who Does things rather than to talk about them, has written a book addressed to those who are looking for Physical, Mental and Financial freedom. She has appended the original full and authentic story of her own experience in Demonstrating \$40,000. (See page 154) Cloth binding, gold stamping, 175 pages.

Price \$1.60. This is an Elizabeth Towne Co., Inc., book.

Take your own case as an instance: you have ideals, plans, desires that you are trying to put over.

You know that your own thought is a tremendous factor in your success, AND YOU WANT TO KNOW HOW YOU CAN CONNECT YOUR THINKING TO YOUR ACTIONS SO AS TO INSURE YOUR SUCCESS.

Along comes Elinor Moody with her new book, "You Can Receive Whatsoever You Desire", and tells you how to inject POWER into your attempts.

### "Getting Results"

(Page 23) How you, by negative thinking, give your *natural* "dominion over all things" to *seeming* things and conditions. How you proceed to ENSLAVE YOURSELF TO THOSE CONDITIONS. You put the emphasis in the wrong place.

CONSTRUCTIVE THINKING, (as explained beginning page 9) will enable you to put your thoughts over where they belong—i.e. squarely back of your desires.

### "How to Cure Fear"

Does fear ever hold you back? Does it keep you tied to conditions that are unpleasant? Family conditions; business conditions; social conditions?

There is a way by which you can cause those conditions, in many instances, to CRUMBLE AWAY.

Beginning on page 37 Elinor tells you HOW TO FREE YOURSELF FROM FEAR, DOUBT AND WORRY.

### "Faith that Moves Mountains"

HOW to get that faith is the problem that our author discusses beginning on page 67.

We all have faith in something or somebody. Again it becomes a matter of *placing the emphasis in the right place to get results.*

And if you will follow Elinor's advice you can do that.

In the matter of demonstrating money, for instance, she says (page 71): "If anyone has told you that your whole responsibility ends when you have *asked* for a sum of money (or any other thing for that matter), you have been led astray. There is a precise and particular manner in which we are told to co-operate, before we can obtain its benefits".

I fully agree with Elinor. Those who tell you that you have *only* to ask, and then wait for the thing to drop into your lap, *are fooling themselves.* They are the victims of the unconscious Titan which is always looking for short cuts and easy methods to avoid work.

### "Health is Natural"

"Are we failing in the manifestation of health?"

"It is only because we have neglected to take possession of our birthright, and have by erroneous mental processes, related ourselves to the UNREAL things and conditions, and are building them up within and about us by continually ACCEPTING them and believing them to have dominion over us to some extent." (Page 125)

This book will tell you HOW to create in the way you desire. TRY IT. (Book may be returned in 5 days if not satisfactory.)

THE ELIZABETH TOWNE CO., Inc., Holyoke, Mass.

Say you saw it in NAUTILUS. See guarantee, page 5.



# NAUTILUS NEWS

BY THE EDITORS

## WHAT YOU WILL FIND IN NAUTILUS NEXT MONTH.

Here you are, ladies! We expect you will buy up every October *Nautilus* on the newsstands, for Mr. Marden's article in that number is entitled "The Essence of

Eternal Youth."

Have you ever wondered WHY you fail? Read Landone's "Failures are the Steps of the Stair of Success," and learn the true source of YOUR success; how a young friend of the writer's followed a plan given in this article and made \$11,500 in less than six months. This immediately following a failure in another business. The article tells HOW the failure was made a step to SUCCESS.

"Conquering Worry," a simple little discovery that enabled a chronic worrier to overcome the habit with complete success, with the result that her mental powers were greatly strengthened and she could concentrate upon one subject without difficulty.

"The Birth of a Habit," by Genevieve V. Aram, Pupil of M. Emile Coué. Tells just how habits are formed and how to form new habits. How to inculcate right habits in children.

"How We Demonstrated Our Home" and "How We Rented Our Bungalow." A personal demonstration in applying New Thought.

How a special, original adaptation of Coué's famous formula, "Day by day," remade a nagging, chronic invalid, enabled her to overcome fear and worked a change in her being "nothing short of marvelous, miraculous," is told in "God Makes Me Better and Better," in October *Nautilus*.

"Will and Faith" is the title of the next monthly lesson by Elisha Wallace.

"How Not to Go Stale on Your Job," in "Views and Reviews."

"My Joy Secret I Give Unto You" and "How to Secure Just Compensation," by Elizabeth Towne.

## HOW NAUTILUS HELPED A CHRONIC INVALID.

"*Nautilus* has shown and brought to me a new life. And not only to me, but to my daughter, who has been a chronic invalid for 12 years. She has been reading

the magazine only a little over a year and now is able to do her work and care for her two small children."—MRS. O. M., Wash.

*Nautilus* has proved the deciding factor in the turning point of many a life, just as it did with this young man.

"A short time ago I found myself at a cross-roads point in my life. For no apparent reason I remembered New Thought. I spent the evening running through the magazines to find the advertisement whose question echoed in my mind—'What is New Thought?'

"When I located the adv. and sent for a trial subscription to *Nautilus*, I truly believe a new era commenced in my life. I have changed my posi-

Say you saw it in NAUTILUS. See guarantee, page 5.

## Important Notice To Nautilus Subscribers

If you find a yellow expiration notice and order form attached to this space it means that your subscription expires with this issue UNLESS your renewal has crossed this notice in the mails. Please renew at once so as to avoid missing an issue and to save the expense of removing and replacing your name on our list. IF YOU WILL RETURN THE YELLOW ORDER BLANK WITH YOUR REMITTANCE SO THAT IT REACHES US BY THE 20TH OF THE MONTH OF THIS ISSUE WE WILL CREDIT YOU WITH 13 MONTHS FOR \$1.00. We can afford to give you an extra month for prompt renewal.

THE ELIZABETH TOWNE CO., Inc., HOLYOKE, MASS

## "I'm positive it has saved my life"



Elizabeth Towne

"Years ago I bought the book, 'Solar Plexus.' I've used the breathing exercises for palpitation of the heart, indigestion and nervous chills, and I'm positive it has saved my life."—MRS. A. B., Washington, D. C.

And Mr. C. B., of San Francisco, wrote: "I studied and practiced the Solar Plexus book and today instead of a broken down nervous wreck, I am a new-made man. Feel like I did when a boy of twenty."

This odd little book contains deep breathing exercises of special value. It teaches that the Solar Plexus is a center or storehouse of power and energy. This center is aroused to activity by deep breathing and other exercises and then radiates nerve energy to the whole body.

This book will help to outgrow worry, fear, anger, etc., and to develop concentration.

Price of "How to Wake the Solar Plexus" is 28 cents. Or we will give a copy free to any NEW subscriber, with one year's subscription to *Nautilus* at regular price, \$1.00.

THE ELIZABETH TOWNE CO., Inc., Holyoke, Mass.

## Mrs. Agnes Mae Glasgow

Teacher and practitioner. I have no multigraphed course of lessons. Every lesson is in form of personal instruction, studying your own problem. Will send much literature regarding same. 10 cents. Ask for Story of The Out Cast.

AGNES MAY GLASGOW  
160 Claremont Avenue, New York City

**Do You Know** anyone who needs one of the messages in this issue of *Nautilus*. Mark the page and pass on the magazine and suggest that they subscribe.



tion, finding pleasanter quarters, better hours and 50% increase in salary. Slowly I am increasing in self-confidence and increasing my value to my employer."—G. G., Mass.

We reach thousands of persons yearly, through our advertising, who, like this young man, are strangers to the self-help methods published in *Nautilus*.

You, the readers of *Nautilus*, are now bringing the magazine to the attention of thousands who would never learn of it otherwise, and to many of whom it will mean NEW HABITS OF THOUGHT and new life, just as in the two cases referred to above.

*A Silver Jubilee Subscription at \$1.00 may be an investment in Life and Health and Happiness for someone.*

#### THE SILVER JUBILEE SUBSCRIPTION BLANK.

Each subscriber to *Nautilus* will again receive a special Silver Jubilee Subscription Blank with his magazine this month. This does not mean

that your subscription is delinquent. It is simply enclosed for your convenience in sending one or two NEW subscribers.

*We have until October 1 to double our subscription list before the editor returns.*

You have done splendid work in sending in new subscriptions, and we thank you. One more good pull and we will be in sight of the goal.

We underestimated what you were going to do in July and printed too small an edition for August, but it won't happen again.

Esther hasn't yet found time to total the results for July, but I know you have made a splendid showing. We will do our part by making *Nautilus* a more worth-while magazine at \$1.00 than it ever was before.

NOW it is the turn of those who have not yet sent in a NEW subscriber.

#### THE LATEST FROM YOUR EDITOR.

Since the page containing the "Elizabeth Abroad" letters was made up, we have received the following additional letter:

*London, July 26.* This is the day of "Their Majesties" wonderful Garden Party at Buckingham Palace, and I am one of the 8,000 invited!

I got my invite through Mr. Harriman and Mr. Post Wheeler of the American Embassy, as every American must. But I was late about asking, and an English lady advised me to write to the Lord Chamberlain also, which I did.

So there were three fairy godfathers who waved their wands to get Cinderella to the Queen's party. And she has a new beige lace-over-silver grey georgette which she will wear with a white hat, shoes, stockings and long white gloves! Dress from Givan's on Bond street, where everything is said to be the last thing in London. Had ordered the dress before I knew of the party.

Went to Mrs. Post Wheeler's home yesterday, at Raleigh House on the Chelsea Embankment. Met a number of nice people, including Howard Chandler Christie and saw his really wonderful new portrait of Ambassador Harvey, which was shown at Mrs. Wheeler's for the first time, at least in a frame. Mrs. Christie told me all about it—she

is a lovely young thing. Mrs. Post Wheeler—he is *charge d'affaires*—wore a cinnamon colored *sport suit*, pleated crepe skirt and broche blouse! The color of her wonderful fuzzy hair.

All kinds of clothes worn, most of them simple afternoon gowns, some few very elaborate, perhaps a third of them about as neutral as my dark blue crepe and black beaded hip broad-belt dress and black hat I'd been running around town in all day.

Went to the big reception at Lansdowne House (Selfridge's) on July 3rd, and to the big July 4th banquet at the Savoy, where James M. Beck, Lady Astor and Lord Dewar were the speakers—8 courses—two orchestras, one of them Paul Whiteman's of New York (most popular here). Sat with Mary Chapin and Rear Admiral and Mrs. Reynolds of Washington. He is head of the Atlantic Coast Guard. We were right in front and very near the speakers. Beck is great. So were the others.

Sat 7¼ hours in the House of Commons last Monday. Heard full debate on Philip Snowden's bill to do away with capitalism. Ramsay MacDonald, Lloyd George, Trevelyan, etc. Sat in speaker's gallery, and part of the time Mrs. Lloyd George and Lady Warrender on my left and Mrs. Sidney Webb on my right—who was very nice about explaining. Her husband is third, Trevelyan second, MacDonald first in "the opposition," she told me.

Have dined in two lovely homes here, had teas, luncheons, etc.; met many interesting people. Spoke four times for the I. N. T. A. Congress, once for the Applied Psychologists, and am to speak Sunday evening for the Divine Science group. Had several other invitations I was unable to accept.

Going Sunday P. M. to hear the open-air speakers in the park at Marble Arch, with Paul Tyner. He is European correspondent for Ford's paper. Tuesday I lunch at the Liberal Club with Dr. Kimmins, distinguished educator, introduced to me by Winifred Sackville Stoner. Had him to tea last evening. He sails on the same steamer with me, Mauretania, September 29th, to lecture in America.

Leave here August 4th for Sweden, Copenhagen, Hamburg, Berlin, Vienna, Venice, Florence one week, Rome, Genoa, Switzerland, Paris one week, Brussels, back to England for three or four days.

"The May *Nautilus* is the best yet. With no desire to be partial, I think Mr. Towne's editorials are the best. They are wholesome, virile, practical and full of common sense. I imagine they would appeal more to men than women. Next to Mr. Towne, I find Mrs. Towne's editorials inspiring. Mr. Towne appeals more to the intellect; Mrs. Towne more to the spirit or rather soul. Mr. Towne reaches the soul through the Conscious Mind. Mrs. Towne appeals directly to the Soul or Subconscious Mind. That's my analysis. Mr. Marden's articles are always inspiring and full of good wholesome advice and cheer. I do not see how the *Nautilus* could be improved, except by publishing it weekly."—DR. JOEL H. JACOBSON, Syracuse, New York.



# Pelmanism Awakes the Giant Within You

*From the World Over Comes the Indisputable Testimony of a Living Avalanche of 650,000 Pelmanists*

By GEORGE CREEL

**A**WAKE to your powers, be the man or woman you ought to be. Beneath your every-day self lies a giant—an unsuspected self of infinite possibilities.

It is this unrealized self that sometimes awakes at a critical point in your life and makes you outdo yourself. Sometimes when you were at the point of despair it has made you grit your teeth and go in and win. And often after the victory is won your every-day self wonders and says, "How strange! I didn't think I had it in me."

But you do have it in you. All men and women who can read or write have the giant of reserve power within them. But very few discover how to scientifically train this master, bigger, inner self—and use it to their own advantage. 650,000 Pelmanists have discovered that way. Resolve now to discover your unsuspected self.

## *Pelmanism Discovers and Trains for Action*

Pelmanism can and does develop and strengthen such qualities as will-power, concentration, ambition, self-reliance, judgment and memory. Pelmanism can and does substitute "I will" for "I wish." I have seen the influence of Pelmanism turn poor jobs into good jobs; small salaries into large salaries; make home owners out of the homeless.

## *Increases Incomes*

I have seen bundles of letters telling how Pelmanism has increased salaries from 20 to 200 percent. With my own ears I have heard the testimony of employers to this effect. Why not? Increased efficiency is worth more money. But

Say you saw it in NAUTILUS. See guarantee, page 5.

Pelmanism is bigger than that. The advantages of Pelmanism touch life and living at every point.

Pelmanism is practical. Its results are not intangible, vague—but positive—definite. It takes the negative qualities—purposelessness, indecision, timidity, mental lethargy, changing them into positives—purpose, decision, courage, mental activity and keenness. It puts interest and joy into living and working—it gives the true key to successful accomplishment—right thinking and right acting.

Pelmanism has values for women as well as for men, for the woman who works in the office, and for the women who work in the home. It has social as well as material values, opening the door to a richer, more interesting life.

## *Drive—Don't Drift*

What are you doing today? What will you be doing twelve months from today? Are you in the hands of fate, or do you direct your own fate? Are you drifting or driving?

Remember thought is fire. Thought is your best friend or worst enemy. Undirected or misdirected thought burns up purpose, character, hope. Directed, mastered thought is the fire that creates the steam to drive the wheels of progress. Know this hidden sleeping giant—train it—develop it—master it. Make it save you, don't let it destroy you.

## *How to Become a Pelmanist*

Scientific Mind Training is a book which throws the searchlight of truth on Pelmanism. It shows clearly why and how Pelmanism has positive benefits for both sexes, all classes, all ages, from the boy of 14 to the man or woman at the end of life.

Your copy is ready for you. It is absolutely free of charge and free of any obligation whatsoever. Don't hesitate. Don't put it off. ACT NOW—Send for Scientific Mind Training today. Now is the time—this is your opportunity. The booklet, Scientific Mind Training, is free, but within its covers thousands are finding the key to financial, intellectual and social success. Use the coupon below.

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*Have you the key  
- to this gate?*

## You Can Get It Free

**T**HE realm of Realization is a wonderful realm. Its people are all happily employed, because each one is doing the work he wants to do and is abundantly successful. For this same reason there is no poverty there. There is no serious lingering sickness there, because each one is able to draw at will upon the creative wisdom which built his body from its beginning, and which is abundantly able to repair and renew it.

The people of that happy realm live in splendid homes, ride in nice cars, attend theatre parties and other social functions, entertain their friends, take vacations, travel about the country and the world, and otherwise live in such a way as to make life really worth living. There is no domestic unhappiness there. The

love relations are all ideal and happy, because each one knows and applies the perfect law of love.

Strange as this may seem, this wonderful realm is all around you, and you may enter it without removing from the community in which you now reside. The kingdom of heaven is at hand—not in a far country. A journey to that happy realm would not lead you over mountains and seas, nor into foreign countries. Rather, it would be a journey through the realms of your own marvelous mind, and a discovery of your wonderful indwelling wisdom and power.

You may have heard of me as a judge, or as a lecturer, or as an author. Or you may never have heard of me at all. Anyway, I have written a message entitled "Realization," which will give you the key to the happy realm here under consideration, and which I will be glad

to send you absolutely free of charge or obligation, if you will merely fill out and send to me the coupon at the lower right hand corner of this page.

**DANIEL A. SIMMONS**  
**Jacksonville, Fla.**

**Daniel A. Simmons,**  
**105 Law Exchange Building,**  
**Jacksonville, Fla.**

I accept your offer to send me free and fully postpaid a copy of your message entitled "Realization," with the understanding that in accepting the offer I incur no obligations and make no promises.

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Be Sure to Read "Grinding Everything Into Paint For Your Masterpiece," Page 17

PUBLISHED  
MONTHLY

# NAUTILUS

MAGAZINE OF  
NEW THOUGHT

SUBSCRIPTION  
\$1.00 A Year  
15c A Copy

Vol. XXV.

SEPTEMBER, 1923.

No. 11

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Published by THE ELIZABETH TOWNE CO., Inc., Holyoke, Mass.

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Entered at the Post Office at Holyoke as second class matter.

## THE NAUTILUS

ELIZABETH TOWNE } The Editors  
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Elisha Wallace

These are  
Some of  
The Nautilus  
Contributors  
For 1923-1924  
Others  
Coming

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The word NAUTILUS is pronounced exactly as spelled, accent on first syllable. Its significance is hinted in the NAUTILUS verse at the top of first editorial page.

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**ALBUQUERQUE, New Mex.**—Unity Truth Center, Jim Coffman, 1224 North Second Street. (M)  
**AURORA, Nebr.**—Mrs. J. N. Cassell, 1004 16th st.  
**BALTIMORE, Md.**—New Thought Center and reading room, 603 N. Paca st. Rev. Grace A. M. Diggs. (Col.)  
**BOSTON, Mass.**—Mrs. Mary E. T. Chapin, 158 Newbury st. Mid-week meeting. (M)  
 —The Metaphysical Club, 177 Huntington av., Fri. 3 p. m., Sun. 8 p. m. (M)  
 —Astrological and Occult Book Center and New Thought Library, 687 Boylston st.  
**BOURNEMOUTH, England.**—Mrs. Helen Rhodes Wallace, Leader, 127 Lowther Road. (M)  
**BRIDGEPORT, Conn.**—The Bridgeport New Thought Center, 62 Cannon st. (M)  
**BROOKLYN, N. Y.**—Radiant Center, Mrs. T. Shondy, 950 Greene av. (M)  
**BUFFALO, N. Y.**—New Thought Society, Library, 795 Elmwood av., Tues. and Thurs. at 8, Sun. at 4 p. m. (M)  
 —League for the Larger Life, 152 Elmwood av., 2 to 5 and 7 to 9 p. m. Tupper 8511-R. (M)  
**CHARLOTTE, N. C.**—Truth Center, Dr. and Mrs. J. G. Robinson, 433 South Church st. Thurs., 8 p. m. (M)  
**CHESILHURST, N. J.**—New Life Fraternity, Mrs. Grace Collins, 59 New st. Woodbridge, N. J. (Col.)  
**CHICAGO, Ill.**—First Unity Society of Chicago, 500 Capitol Bldg. 159 N. State st. Louise Perry, leader. (M)  
**CINCINNATI, Ohio.**—New Thought Temple, 1216 Mercantile Lbr. Bldg. Mrs. May Cornell Stolber, Leader. (M)  
 —Cincinnati Unity Center, Frederick Elias Andrews, Burnet House, 309 Vine. Daily 12 and 2. (M)  
**CLEVELAND, Ohio.**—Truth Center of Divine Science, 725 Hickox Bldg., Mrs. Mary A. Prince, leader. (M)  
 —Nautilus New Thought Center, Mrs. D. M. Turner, 7505 Everett Ave.  
**COLLISON, Ill.**—Truth Center, Mrs. Mary Fritz.  
**COLORADO SPRINGS, Colo.**—New Civilization Center, Mrs. M. S. Rossignol, 118 E. Dale st. (M)  
**DALLAS, Tex.**—Unity Self Help Circle, 1631 Pine St. Mrs. George W. Keeley, Secretary. (M)  
**DAYTON, Ohio.**—Metaphysical Library, Carl W. Hubert, 601-602-603 Mutual Home Bldg. (M)  
**DENVER, Colo.**—The Colorado College of Divine Science, 1819 E. 14th Av. Rev. Nona L. Brooks, Pres. (M)  
**DES MOINES, Iowa.**—Nautilus New Thought Center, Miss Juanita M. Meyer, 409 Brown Hotel. (M)  
**DETROIT, Mich.**—Higher Thought Assembly, 214-215 Chalmers Bldg., Elizabeth King, Secretary. (M)  
**EDGEWOOD, R. I.**—Truth Center, 110 Wentworth av., Mrs. Josephine A. Lee.  
**EDINBURGH, Scotland.**—Edinburgh New Thought Center, 37 Castle st. Library. (M)  
**ERIE, Penn.**—Erie Truth Center, 322 Commerce Bldg., Mrs. Josephine Schabacher, leader. (M)  
**FT. PLAIN, N. Y.**—Unity Center at Pilgrim Shop, Josephine J. Smith, R. D. 4.  
**FT. WAYNE, Ind.**—Truth Center, G. W. Maxwell, 2521 Hoagland av. (M)  
 —Mrs. Margaret Coan, 2505 S. Barr st. Fri. 8 p. m. (M)  
**GREAT FALLS, Mont.**—New Thought Center, J. H. Meyer, Box 1493. Phone 6221. (M)  
**HAMILTON, Ohio.**—New Thought Temple, Anderson Bldg., Front and High sts. Miss Louise Tahoe. (M)  
**HONOLULU, T. H.**—New Thought Center, Room 35, Alexander Young Bldg., Katherine B. Guest.  
**INDIANAPOLIS, Ind.**—Unity Truth Center, 1115 Odd Fellows' Bldg., Muriel G. Powell, leader. (M)  
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 —Branch Metaphysical Circulating Library, 9th floor, Branch Shops, Seventh and Grand av. (M)  
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 —The Brotherhood of Light, 508 Union League Bldg. (M)  
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 —New Thought Book Depot and Lending Library, 229 Collins St.  
**MEXICO CITY.**—"Libreria Orientalista" Tacuba 53. Mr. Luis Leal, "Libreria Teosofica" (M) Rosales 22.  
**MILWAUKEE, Wis.**—First Unity Center of Milwaukee, 130 Onelda st. (M)  
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**NEWARK, Ohio.**—New Thought Study Class, Public Library "Assembly" room. (M)  
**NEW ORLEANS, La.**—Truth Center, 1311 St. Charles Ave., Mrs. Eleanor G. Graham, President. (M)

**NEW YORK CITY.**—Mrs. Mary E. T. Chapin, Hotel Commodore, Sun. Service, Commodore Ballroom, 11:15. (M)  
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 —Unity School of Practical Christianity, 250 West 57th st. Rooms 517-518. (M)  
**NIAGARA FALLS, N. Y.**—New Thought Center, 385 Prospect st. Thursday, 7:30. Mrs. John C. Level. (M)  
**NORFOLK, Va.**—New Thought Truth Circle, 119 Tazewell st. (M)  
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**OLD TOWN, Las Vegas, Nev.**—Metaphysical Circulating Library, P. O. Box, 380. Hazel Hepner, librarian.  
**PALO ALTO, Cal.**—Truth Center, Brown Room, Masonic Temple, Wed. and Sun., 7:30 p. m.  
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 —Society of Practical Christianity, Divine Science, 3617-19 Wyoming st. H. H. Schroeder, Pastor. (M)  
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**WARREN, Ohio.**—Church Transcendent, 301 Buckeye st. Bookshop, 31½ Main st. (M)  
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## The Shrine

By EDWIN MARKHAM

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Mature thru many a mystic birth.  
We have a measure of dust, yet rise  
Thru some entreaty of the skies.  
All hearts must hear the Voice above,  
The importunities of Love.

Would we behold life's final shrine?  
It is the Human made Divine.  
To see God in His Secret Place,  
We must explore a comrade's face.  
What was the shrine the great seers knew?  
Man's face with God's face shining thru!





# NAUTILUS MAGAZINE

*Self-Help Through Self-Knowledge*

MONTHLY  
\$1.00 a Year

SEPTEMBER, 1923.

Vol. XXV  
No. 11



## EDITORIALS

*by Elizabeth Towne*

### ***Celebrating the Silver Jubilee Year of Publication of This Magazine***

*"Build thee more stately mansions, oh, my soul  
As the swift seasons roll!  
Leave thy low vaulted past!  
Let each new temple nobler than the last,  
Shut thee from heaven with a dome more vast,  
'Till thou at length art free,  
Leaving Thine outgrown shell by life's unresting  
sea."*

—Holmes' "The Chambered Nautilus."

#### *To One Who Hesitates.*

**M**Y dear Isabel, do you mean to tell me that you are still procrastinating on that job that the Spirit told you to do? Aren't you ashamed of yourself! You are just *acting* like a moral coward. And you are *not* a moral coward at all. You are a god among gods, perfectly able and willing to face anybody on this earth whenever it is necessary. You *know* you are. The trouble with you is you have been fooling yourself by pretending this is not God's job that He himself is sending you to do. You are *pretending* to doubt about it! You know perfectly well that this is the job He wants you to do, and that God in you is perfectly willing and able to do it.

Now get your ideas about that work together, learn the advantages of what you are trying to sell, and then go straight out and do the work. Go out every morning at a certain time—about 9.30—and remember that you are a god bringing the message of a beautiful thing to other gods. And no matter whether the other gods receive it in right spirit or not, you must fulfill your part.

Now go out to win and stick to it every day.

Don't work more than two hours a day for a time. Gradually you will find yourself working *more* than two hours a day, and doing it with pleasure.

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#### *Don't Be An Easy Mark.*

**N**OW as to your friend, that is another instance of your *acting* like a moral coward. You are *not* a moral coward, but you are acting like one when you lie down and make yourself a *soft snap* for that friend of yours to fly to in order to get rid of the hard job of making the proper kind of home for her child and her husband.

She will not go to one of her sisters, because she knows very well every one of them would be indignant at the thought of her leaving that child and her husband on such a pretext, and she knows that any one of them would make it hotter for her than her husband does now.

But she knows that you are a *soft old lady*, and that she can come into your home and do just about as she pleases. And you are acting the part of a moral coward in letting her think so. *Just you write to her and tell her it is out of the question for you to take her in.*

And tell her the *truth*, that if she will adjudge just herself to her husband and cease to give him *cause* for jealousy, he will cease to treat her unpleasantly. Of course if she does not *want* to do the square thing by them, if she is determined to flirt with other men, then she will keep on looking for a *soft spot* to land on,



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where she will be permitted to do about as she pleases. She knows very well that you will do nothing more than shed a few tears and moan if she comes home at midnight with some young man. She knows you will do nothing to make it hard for her to do that sort of thing. Her husband makes it hard for her to do it! That is exactly the secret of it.

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### *The Child Comes First.*

**T**HERE is only one way for a married woman to act honestly; and that is to think of the child first, last and all the time, and make her decisions according to the best good of the child. Judging from what you say, there seems to be no doubt in the mother's mind nor in yours, that the best good of the child requires that she stay where she is and make a good home for her husband and the child. She cannot support the child away from the husband, not a single one of her relatives believes enough in the justice of her cruelty charges against her husband to offer to take her and the child into their home and do for them. Among all those five sisters she would find someone willing to do this for her, if there was any real justice in her charges against her husband. There is no question in my mind but that he makes it hot for her every time she comes in late at night with some man, as if she were a young girl seeking a mate instead of a married woman who has already chosen a mate and whose chief duty is to her child. Everywhere she goes *the world will conspire to make it hot for her*, if she chooses the selfish thing and deserts the child.

Just as long as *you* offer her a soft lap to land in, she will keep on justifying herself. As soon as she has exhausted her own resources for finding a soft lap where she can lie at ease and follow her bent to flirt with other men, she will doubtless turn and face herself honestly, and decide that it does not pay to try to act like a young girl hunting for a mate, when she has already found a good one and has a child. In other words, when she has given up finding a soft lap *anywhere*, she will turn and put her *choice* and her *will* into the job which she herself has attracted: the job of making the right kind of home and training for that child and for her husband. When she does this, she will very quickly

find that the "cruelty" has evaporated. This is the history of many thousands of young wives who have tried to eat their cake and have it too.

Don't stand in the way of this woman and prevent her from attending efficiently to her job as mother and wife. Tell her the *honest truth*, as you told it to me, and let her know that she cannot come into your little home. That is all that is necessary, and she will do the rest. She thinks she can find happiness by getting into a soft lap. She cannot. Now wake up and brace up, and refuse to be her soft lap!

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### *You and Your Subconscious.*

**S**OMEONE recently asked me how long I took orders and sass from my subconscious self, my subliminal self, my etheric double, or anything else.

I answer that I have *never* taken *orders* from my subconscious self. My subconscious takes orders from *me*. I take no orders from my subconscious, and I permit no tantrums of my subconscious. I speak peace to my subconscious, instead of permitting it to make war for me.

**YOU** are the commander of your subconscious, **YOU** are the "captain of your soul". Your subconscious is your perfectly obedient servant. If your subconscious is acting up like a spoiled child, it is because you have been spoiling it exactly as mothers spoil their children: by humoring its whims and exaggerating the importance of every little subconscious whim, and permitting yourself to take toward your subconscious the attitude of a helpless victim.

Paying too much attention to the subconscious and attributing to it more power than it really has, will make the subconscious act like a fool. And when you tell people about it, they think you are "crazy".

Ignore any antics of your subconscious as much as possible, but when you can't help being more or less conscious of them, simply affirm to yourself that such subconscious antics have no power over you; that they are like tramps passing by your window and whom you do not invite in. Turn your back on them and get busy about your work.



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*Action Frees One From Unpleasant Complexes.*

**S**UBCONSCIOUS antics will disappear when you *command your body to useful activity*. When you are troubled with such antics of the subconscious, get up and stamp your foot and say SCAT, and then go out and walk briskly around the block. Then they will stay away from you for awhile. It is only when you *sit still and think about them*, that your subconscious antics take on the proportions and actions of a Frankenstein. Healthily active and busy people are never troubled with subconscious megrims. Any good healthy activity of the body, the hands, good purposeful work, will always exorcise the "demons" for the time being.

If you make up your mind to persistently keep your subconscious in its proper place, as the servant who takes suggestions and carries them out, and persist in the good-work cure, you will soon find yourself less and less troubled with such things, and finally they will disappear altogether. In other words, if you stand straight and take your command over the subconscious Titan, as God made you to do, your subconscious Titan will very soon get busy working out your constructive suggestions.

Every time this matter comes into your mind *deny* the power of the subconscious over you, and *affirm positively* that *you* are master of it and that it obeys you unquestionably. Ignore the unconscious except when you have a definite piece of work for the unconscious to perform, then direct it to the performance of that work, be glad and grateful when the work is done, again ignore it. That is the way to keep your subconscious in its place.

Take your dominion over your world, unconscious and conscious! This dominion was given to you in the beginning, and it is up to you to recognize it and take it, and to use it *constructively*.

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*How to Demonstrate Peace.*

**T**HERE is absolutely nothing hanging between you and the place called "peace". In the first place, peace is not a place at all, but an attitude of mind.

The mind which *rests* on God is at peace. The mind which is *striving against anything*, is not at peace.

The mind cannot *rest* on God, unless it believes in God as its life, its wisdom, its power, its health and its prosperity; and unless it accepts all the things in the world as expressions of God, all working together for His good and for the good of all creatures.

The peace of which Jesus spoke is the only real and lasting peace: the peace that comes from knowing one's unity with God and with all creation.

As long as you think you are dragged around against your will by a "subliminal self", or an "etheric double", you will keep on crying for peace and finding none. These things are *your creatures*. YOU are their lord and master, and they obey you in every suggestion. Whatever powers you attribute to them, are the powers they exhibit. Quit attributing to your subliminal self the whims, the irrationalities and the banalities of a fool, and your subconscious will soon quit acting like one.

Since you are master of yourself, and you are one with Omnipotent Life, there is nothing to be afraid of. But if you *are* afraid, why lie to yourself about it by trying to ignore the word "afraid"? It is TRUTH that makes us free from things to fear, and we never get to the truth by twisting words.

The TRUTH is that there is nothing in this world big enough or evil enough to harm you; there is no life, power nor intelligence in your subconscious except what you put there! But you can put a lie in your subconsciousness and it will come to life to torment you. Fill your subconscious with the TRUTH OF BEING, and the torments will disappear.

The fact of the matter is that fears are nothing, and have absolutely no power *unless YOU ACT UPON THEM*. If you make a habit of denying the power of fear, and of acting upon your faiths, your fears will evaporate into the nothingness that they really are.

It is no disgrace to feel fear, but it is a disgrace to *act* like a coward.

Know yourself for the god that you are, and act like one. So shall you know peace and power and wisdom and the nothingness of evil.



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### *To a Woman Seeking Justice From Her Husband.*

I THINK you are absolutely right about that, and that your husband should deed to you that house and lot. You have certainly earned it, and your title to it should be clear, so that you can do with it what you will.

I believe this is the righteous and just and kind plan of God Himself. If I am right about this, then God is working in your husband as well as in you, to bring about this righteous adjustment and division of your property.

To apply New Thought, affirm and recognize this fact until it becomes realized and manifested. Affirm that your husband wants what is only right, that he will do only what is right, that he wants *now* to make such an arrangement about his property, that in case of his death or yours the money would go equally and also the property, to the two children.

Of course you know it is useless to nag about such a thing. The more you nag, the more fixed a man becomes in his own decision. But if you keep on recognizing the truth of God working in him to will and to do justly and equally by the two children, if you keep affirming this whenever you *happen* to think of it—but don't try to think of it at all except when you can't help it—if you keep on affirming this to yourself, and at the same time continue loving and kind to your husband, there will surely come an opportunity for you to let him know how *much* you want him to make this sort of arrangement.

And by and by he will come around to doing it, I am sure. Where love rules there is always a way. And GOD is the way. To recognize your oneness, to recognize God working in and through you both to do equally well by the two children—to affirm this, affirm it, affirm it, is certain to lead to realization and manifestation, of what you desire.

If he loves you he will do anything in the world to please you, provided he can get the consent of his own reason. It may not have occurred to him to treat your son and his son exactly alike. Perhaps it has not occurred to

you! But once he gets the idea I am sure that he will find the way. And it will make you both so happy to find that way, and to make it secure, so that the two children will share and share alike. For God shines alike upon the just and upon the unjust, and human beings *are never quite satisfied with themselves*, until they so adjust their affairs that everybody will share alike. Every in-equality of justice *hurts* everybody concerned! God in us is loving, kind, and God in us is never satisfied until we too are absolutely impartial in radiating our love and our good things of the world.

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### *The Absolute Truth.*

I AM in receipt of a letter that says a certain Truth teacher claims that my teachings are not the "absolute truth"! I quite agree with her! Not even Jesus Christ taught the absolute truth every time!—And he did things like getting mad and driving the money changers out of the temple, and using "material means" when it worked best as when he spat on the ground and made a little cake of mud to put on the eyes of the blind man whom he healed. The fact of the matter is that *nobody* teaches the absolute only!

And above all things it is desirable to study all sides, *and to do your own thinking in the Spirit*. And nobody succeeds in living the truth all the time. I surmise that not one of us will succeed in living the Whole Truth until pretty nearly all of us are doing it, in a sort of heaven on earth.

All people are *equally* human. Also we are EQUALLY DIVINE. And no one can judge for another. And not one of us is yet perfect in his use and manifestation of truth.

But when we *think together* honestly, each speaking from the Spirit within, we can go farther toward understanding, than if one of us started to do it all alone.



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# Grinding Everything Into Paint For Your Masterpiece

By ORISON SWETT MARDEN

**"THERE!"** exclaimed a lady who was visiting a friend a hundred miles away from her own town, "here I am laughing and chatting with you as if I hadn't a care in the world, when I ought to be worrying about my children at home."

"Why 'ought'?" asked the friend.

"They may be in danger," was the reply. "Mary is so apt to have croup if she gets her feet wet, and she's always getting them wet, and Jack is bound to go swimming this weather, and he's not at all a good swimmer."

"But," reasoned the friend, "if Mary had the worst croup imaginable, and Jack were even now swimming beyond his depth in the water, your worrying would do no good. And the likelihood is that nothing of the kind has happened, or will happen, for expected evils will never arrive."

"Well, you are probably right," returned the mother, "but it seems heartless not to worry."

It is a positive fact that with the majority of people the worry habit has become so confirmed, that, to him or her, it seems heartless not to indulge it.

Many a mother fritters away more energy in useless frets and fears for her children, in nervous strain over this or that, than she uses for her daily routine of domestic work. She often wonders why she is so exhausted at the close of the day, and never dreams that she has thrown away the great part of her strength in worry.

Is it not strange that people will persist in allowing little worries, petty vexations, and unnecessary frictions to grind life away at such a fearful rate that old age stares them in the face in middle life? Look at the women who are careworn and aged even in the forties, not because of the hard work they have done, or the real troubles they have had, but because of habitual fretting which has helped nobody and accomplished nothing, except to bring discord and unhappiness into their homes.

Now, in all your life did you ever gain anything, ever receive the slightest benefit from

worrying over any situation? Did it ever help you to bear your burden better or to make it lighter? What have all the years of anxious worrying in the past done for you? Nothing but sap your vitality, lower your courage, weaken your initiative, handicap your executive ability and distress and confuse your mind, thus unfitting you for clear thinking and decisive acting. It has probably cut off years of your possible life. It has deepened the furrows in your face, whitened your hair, put a drag on your steps, and taken the spontaneity and buoyancy out of your life. It has made you a poorer friend, a less agreeable comrade and partner, whether in business or in social life.

"You ask how I came to get rid of the worry habit," said a merry-faced woman. "Well, I always did have a prejudice against wasting time, or strength, or nerves on something which doesn't amount to anything, and, after a long and elaborate experience in worrying, I found out that the things which most nearly broke my heart, (in anticipation), ruined my temper, wrecked my peace, and alienated my family and friends, were, in ninety-nine cases out of a hundred, the things which never happened! As I couldn't be prepared for the real trouble, I gave all worrying the go-by and you cannot imagine what a difference it makes! Why, I am a new and delightful stranger to myself without my haunting double, worry. But he will never be admitted again, for without him my heart is not only lighter, but purer; my head is clearer, my body is stronger, and I'm twice the woman I was with him."

"Some people bear three kinds of trouble—all they ever had, all they have now, and all they expect to have," said Edward Everett Hale.

So many people have the unfortunate habit of brooding over their past mistakes, castigating themselves for their short-comings, until their whole vision is turned backward instead of forward.

I know a man who is forever torturing him-



self because he made a bad investment years ago and lost a fortune. He never ceases to think about it, to discuss it with others, to refer to it whenever possible.

How we all long to go back and begin over again, to retrace our steps, improve on our mistakes, avoid our past blunders! What wonderful things we could do if we only had another chance at life! But there is no going backwards. Life's engine ever moves forward. There are no way-stations. The only opportunity we have for redeeming life, or any unfortunate past, is by making the most of the passing moment.

It is said of Michael Angelo that he had a great passion to turn every experience of life into paint for his great masterpieces.

Why can't we take a sensible view of life and resolve to be always happy, no matter what comes to us, to grind everything that comes our way into paint for our life's masterpiece? Even our mistakes and blunders, the things that humiliate and mortify us, we can work up into things worth while.

Are you going to allow your past to queer you, just because it has been unfortunate, because you have made mistakes, because you have fallen down in your undertakings? Are you going to quit, turn back and show the white feather just because you were not able to do what you expected to do, what you started out to do? Is there no more stamina or staying-power, no more courage than that would indicate? Is that the limit of your push, your perseverance?

If your past life has been unfortunate, there is all the more reason why you should make a tremendous effort to redeem it. You cannot afford to let it spoil your future.

You probably do not realize it, but in clinging to bitter, painful, negative thoughts, you are keeping in your mental power house, at the very source of your force, mind thieves infinitely worse and more dangerous to your peace of mind, your welfare, than thieves who steal money or merchandise, for these insidious mental robbers are pilfering your energy, sapping your vitality, ruining your happiness. They are robbing you of success.

In the celebrated Marathon races the runners strip themselves of everything that could possibly hinder the freedom of their movements or retard their speed.

It is just as necessary to success in the great life race to strip ourselves of everything that

handicaps our efforts. If we would win we must let go of everything which hampers or hinders, everything which would keep us back or in any way retard our progress.

Now mind is the medium by which we coin out of our life assets of success or failure, and everything depends upon keeping our mental machinery clear and clean, so that it will not be choked, hopelessly handicapped by the slag of any depressing thought or emotion. Every time you allow yourself to be discouraged, worried, depressed, you are flinging away just so much creative energy. You are using this life force for tearing down when you might use it for building.

If men could only once see the fearful havoc, the wearing, rasping, and grinding out of the delicate life bearings caused by the worrying, fretting habit, they could never again be induced to indulge in it. I have seen a strong man so completely exhausted in a few days by the waste of vitality, the shrinkage of brain power, caused by the poison of fear, worry, and anxiety, that you would think he had actually been suffering from some malignant disease.

What would you think of a man who, because he had lost a cow, should go and kill his horse? It is an absurd suggestion, isn't it? Yet such a proceeding would be more sensible than for you, because of some misfortune or loss, to throw away more precious brain capital, vitality capital, in worrying and fretting over it.

I recently saw these words in a New York publication, and they have haunted me: "Whatever happens to us in life, it doesn't matter much, really." Go back over your life. The worst thing that has ever happened, to you, except down right disgrace, because of a criminal act, doesn't matter much. Your failure in business, perhaps, didn't matter much. Through it have you not gained in wisdom, which infinitely more than compensates for your loss? You may have made an unfortunate marriage, and your home life be far from happy, but these things are not really half as bad as they might have been, and you probably have profited by them in many ways.

Resolve at the very outset of your career that no matter what happens to you in the way of failure, disappointment, hardship, bitter experiences, it shall not mar nor spoil



your peace of mind or your chance in life. Resolve that there is one thing that you will protect, and that is your poise.

Worry and anxiety are really an evidence of lack of self-confidence, and of faith in the Power that runs the universe. It is lack of faith in the power that created you and that, provided you do your part, will always bring things out better than you possibly could of yourself alone. Why should you worry, why should you fear, why should you

be anxious, when God's wisdom and omnipotence are always ready to guide and serve you?

Resolve that since you are the offspring of Omnipotence you are not going to allow any little thing that may happen to you to dishearten you. Resolve that whatever may come to you in the way of misfortune it shall leave no shadow in your soul. Resolve that no shadow shall shut out faith and hope from your life.

## The Usableness of the Ninety-First Psalm

By ALBERTA MASTIN CARTER

"THE NINETY-FIRST PSALM is nothing but poetic license", said an elderly, prominent minister, "and I can only accept it in a highly poetical sense."

Exactly. I was "brought up" in the same religious notions and never knew THE REAL CHRIST or the blessings of the Bible until New Thought taught me to USE them constructively.

A theory is only ALIVE to the extent that we put LIFE into it by our faith and use. Any theory will fall into innocuous desuetude when not vitally supported by these two props.

The following demonstrations show just how FAITH and USE brought about splendid returns:

A lady in a certain city conducted a very high class restaurant. One day the head waiter announced that all of the servants were leaving the next morning because their salaries had not been increased. Although filled with worry, she attended a New Thought lecture at night. The lecturer explained the usableness of the Ninety-first psalm.

Just a few days previous, a sister had presented our lady with a small Bible which she could take to bed with her if she so desired. That night she read and re-read the psalm before retiring, trying to erase from her mind the problem of meeting her boarders on the morrow with no meals prepared. She slept peacefully. Arising early, she ran down to the kitchen to look after the breakfast. The cook was there at his post. The head-waiter was superintending the setting of the tables. There was an atmosphere of peace and contentment.

"Why, John", gasped the surprised lady, "I thought you said that you were all leaving this morning."

"Well," he drawled, "we got to talking over how kind you had been to us and decided that we would not leave you."

A LADY, who had never ridden a horse in her life, visited the Grand Canyon of the Colorado. Renting a serviceable suit, she arranged to go down Bright Angels' Trail on the following day. Although she had used New Thought for years, she was almost overcome with FEAR during the steep descents when the mule almost stood on his head.

Over and over again, hundreds of times, she repeated, "And He shall give His angels charge over you." It calmed her fears, it gave her a closer feeling with Universal Good.

When the party had descended the hardest part of the trail, the guide said, "Look yonder in the rocks," pointing upward, "there's the angel." Appropriate, wasn't it?

"We'll all be so lame from sitting these horses all day that we won't be able to walk tomorrow," remarked one of the guests.

Thereupon our New Thought lady began to assure herself that she would not be "stiff", but that she would feel wonderfully refreshed because of the magnificent trip. AND IT WAS SO.

A YOUNG lady was called into court to pay a certain sum which she felt was unjust. By the ardent use of the Ninety-first psalm, the whole affair was waived and the accusations proved to be false.

*"According to your Faith, be it unto you."*



# Deep, Deep Down In Our Hearts

By BROWN LANDONE

Article XV—Pain Is Always the Voice of Divine Protection.

**H**AST thou—O soul of much and many sufferings—patiently borne thine ever constant and continuing pain with sweet smiles of martyred resignation?

Or hast thou oft rebelled and cursed thy pain and damned and bade it hie to hell?

Or hast thou—oh, so earnestly and faithfully and prayerfully—tried to deny it and condemn it unto nothingness?

Bear it not with resignation; neither damn it; nor condemn it; nor deny it;

For it is unto thee a friend divine!

It is thine angel of protection—thy messenger to thee from thine own inner self—telling thee to right that which hath been wrongly placed in the order of thy being.

Smile upon it; welcome it; bless it for the message it brings to thee from deep, deep down in thy heart!

Accept its message and act upon it,—and, behold—thy pain that was becometh naught—nay, more—thy pain becometh peace!

**P**RIOR to the general spread of our newer thought—and it began to be general more than seventy years ago—there were but two widely accepted attitudes regarding pain.

One attitude of this older thought recognized pain as a physical evil, whined about it or damned it, without any appreciable consciousness of spirituality or any knowledge of its real nature except the recognition that it interfered with the ease and pleasure of the person in pain.

The other attitude of the older thought sought to accept pain with prayerful submission and resignation, believing, with a degree of spiritual consciousness, that pain came from God, that it was a punishment, that it was a thing to be borne patiently and resignedly, and that it was something from which the person in pain would be relieved as soon as it pleased the will of God to do so.

To me, personally, this second of the older attitudes is the finer of the two because it at least recognizes the divine source of all things even though it misinterprets the motive of God and the purpose of pain.

I can easily understand and do readily sympathize with people who still hold to either one or the other of these older thoughts. Such individuals are consistent. Neither attitude is self-contradictory or self-deceptive. Each is sincere according to the person's concept of life and God.

The one who believes in a materialistic universe consistently believes in materialistic pain; the one who believes in a god of punishment, consistently believes in pain as God's punishment.

But what about the attitude some of us of the newer thought hold regarding pain? Are we always consistent or do we contradict and self-deceive our own minds? Some of us condemn pain as an evil—an out and out evil,—an evil to be denied, treated, annihilated or banished. We make it one of the many evils our newer thought has created. We make it our duty to send it to a new thought hell of nothingness.

We teach, lecture, write books and give treatments to get rid of something which we positively assert does not exist. All this, we assert and carry on in conjunction with our assertion that all and everything are good!

What is the use of affirming that all is good and creating at the same time a duality that does not exist, making devils of thousands of little things, all of which must be denied and treated and annihilated.

What a lot of mistaken work we make for ourselves!

God is Everything, even pain; and even pain is good! It is the voice of divine intelligence working for your protection. It is a voice from God; BUT, *it is not a punishment* nor does God send it to you to test your capacity or patience in *bearing* it. It is the voice of your innermost self—the voice of the inner divinity of your health and protection; *it urges you NOT to BEAR or put up with anything that is out of ease or out of place,*—not to bear with anything that is not in the order of things as God made them.

Assume that, in doing some work in my shop, I get a little sliver under my fingernail.



At the time my mind is so conscious of the work I am doing that I do not notice the sliver. Shortly, in an hour or a day, it begins to pain me. The end of the finger swells; there is a pressure of blood upon thousands of little nerve endings, which tell me in voices of pain that something is out of place in the divine order of things. If I leave the sliver there, in time there is festering.

If I deny this voice of pain and declare it to be an evil or a claim or an illusion or a nothingness and condemn it to nothingness, I do not heed the divine voice which tells me to remedy conditions.

Certainly in the divine image of a perfect finger there is no place for a sliver under the fingernail. It is as silly to deny the pain as it would be to deny the sliver. If pain is nothing, then the sliver is nothing; and if it is nothing, why in common sense and soul sincerity should we make any effort to remove that which does not exist?

What are all these troubles: the swelling, the inflammation, the disagreeable pressure and the festering? The swelling and the inflammation are the results of divine consciousness rushing extra blood to the finger tips to carry away any poison that may be developed because of the sliver being out of place in the divine order of things and also to help press it out from the place in which it should not be. And the festering, what is it? It is the action of those little white corpuscles of the blood—those angels of health. They surround the sliver and get ready to force it out from under the fingernail, providing you lack the intelligence to take it out yourself. In this way—if you merely deny it—they are more divinely intelligent than you are.

Do not deny the processes of God as evil. God is All and Everything; He is every process and every manifestation in the universe; and all are good. You come to a higher spiritual consciousness in proportion to your degree of recognizing that all is good. Pain is always a divine voice. It is the voice of divine protection urging you to keep in mind the perfect order of God's creation and to permit nothing to remain out of place. Pain is not a punishment to be borne. Its purpose is to awaken your conscious mind to what the divine subconsciousness is telling you to do so that you will live in accord with that which is perfect harmony. Deny it and you quiet the still voice that is telling you that which you should do.

A grain of dust blows in my eye; it pains me; pains me more than if a grain of dust should lodge on any other part of my body; it pains me much more than it does when a grain of dust gets next to the skin of the sole of my foot. I glory in this super-sensitiveness of my eye; I glory in its responsiveness; I glory that it tells me so quickly that I should act at once to protect the perfect condition of the window of my soul. That pain—no matter what suffering it causes—is a friend,—a divinely intelligent friend looking after me. If it were not for such pain, I would not know that a speck of dust was in my eye and serious damage would result to the eye. Recognize all pain as the voice of divine protection.

If you have a bilious fever, the headache and other pain accompanying it are also good. The fever is burning up of the waste poisons which have accumulated in your body. These poisons would greatly injure your body if they were not removed. Since you lack the intelligence to take care of yourself and remove these poisons, the God-process working through the subconsciousness is doing it for you. Instead of condemning and denying the fever as an evil, aid it.

Does this idea take away anything from the ideal of the soul and the ideal of God,—from the ideal that the soul and God are everything? Not at all; it adds to it. Does this interpretation mean that such a fever is caused by mere physical conditions? Not at all; it is a voice that reveals to you that such a fever is caused by *greed*! It was the greed in over eating—the greed of satisfaction and the lack of intelligence in tempering your taste in eating—that led to the accumulation of poisons.

Look ever for the good in all these things. Let them reveal to you the basic causes in mind.

God is Good!

Go deep down in your heart to discover the goodness of all things. Your mind feels physical pain and condemns it as evil, only because pain is not agreeable to your physical sense impressions.

Look deeper: see the divinity of all things and know that all things are working together for good. When pain comes, do not condemn it; do not deny it. Know it to be a voice divine, not a thing to be borne in patience and resignation nor a thing to be condemned, but a message that urges you to act so that you will not be forced to bear greater pain!



Spend not much time concerning the pain itself but look for the cause of the pain and remove the cause, whether it be physical or mental or ethical or emotional or spiritual.

And, above all, pray that the pain shall continue until your conscious mind does rouse itself to act in accord with the voice of the divinity of health within your soul which speaks thus in pain only to awaken you, and

to urge you to protect yourself and your divine manifestation.

*Smile upon thy pain; welcome it; bless it for the message it brings to thee from deep, deep down in thy heart!*

*Accept its message and act upon it,—and, behold—thy pain that was becometh naught—nay, more—thy pain becometh peace.*

## The Ultimate Form of Oral Treatment

By REV. GEORGE C. GOLDEN

**T**HIS article is the final of this series. Perhaps this essay should not be written. The person who has carefully followed the leading of the Spirit will soon come into such an experience as is here described. That person does not need this word. He who has not had this experience will call it folly. But as way-farers love to compare notes of the journey, so we give it more as a record than as a guide.

The person who is led by Spirit will soon attain to that plane known as Spiritual Consciousness. There he is conscious of the perfect world of God and of his ability to draw freely from its unlimited resources. Does he want to write? When he sits at his desk, his words flow from his pen with a freedom that to others is surprising. Does he desire to plan for his business? His policy is revealed to him. He understands what the Psalmist meant when he said, "My tongue is as the pen of a ready writer." Moreover in the Spirit-led life he finds that he is both healed and a healer, for this is the plane of healing. Rather the experience is revealed to him as this that God is the healer and the human thought has been the agent that hindered that perfection from being demonstrated. When the human thought is made square with the truth, then God heals. The history of metaphysical healing in modern times has shown us that many of the best healers are they who have been themselves healed. It also reveals this fact that few of them made a perfect healing until they themselves sought to heal

others. "Would you have health? Then speak health to the world."

Another development the student will note is this—that between him and his fellow-men there has sprung into being a sense of rich, warm and unselfish love. It is a love that makes the old personal, possessive love seem like dross. He finds that when he senses this love, his word goes out with power. This is the "Love that overcometh all things." it is the power that gives substance to all living. About the man who has it there is a magnetism whose attraction all feel. The presence or the absence of this love determines whether you are a leader or a follower.

Lastly there comes the ultimate form of oral treatment when the "I AM" in us assumes its lawful throne. The impersonal treatment has been invaluable. It has enlarged our perspective and spread wide the domain of our hearts. It has drawn us into ambitions and sympathies that we otherwise would never have known. But when we have been enraptured with the picture of success in the promised land, a voice in us has whispered, "I-AM Success." When we have been revelling in the health of the perfect man, the same voice has pealed, "I AM Health". When we have been beholding the power of man spiritual, the still, small voice has said, "I AM Power." So through the "I AM" has come a knowledge and a realization of a heaven reclaimed and a God who is

"Closer than breathing,  
"Nearer than hands and feet."

**"F**OR as he thinketh in his heart so is he."—Prov. 23-7.



# Personality

By NELLIE RIPLEY HARRIS

**N**APOLEON had an overpowering personality. He was largely receptive and his position made him a bureau for all the intelligence, wit and power of the age and country. By birth a common citizen, possessed of a selfish, encroaching, bold, self-relying nature, he won his way to a commanding position and great power, through skill and industry. His powers of perception, comprehension, aggression, purpose, determination, directness and initiation; his absence of sentiment in the sacrifice of money, troops, generals, and self, made him a dynamic power for good or evil.

Confucius said one day to Ke Kang: "Sir, in carrying on your government, why should you use killing at all? Let your evinced desires be for good. The grass must bend when the wind blows over it."

That man is great whose nature is constructive; whose presence suggests wise government; conservation of life, industry, money and home; who sees that spiritual is stronger than any material force, that thought rules the world. We desire liberty, not chains. Man should emancipate man.

When a man is born with a profound moral sentiment, preferring truth, justice and the serving of all men to any honors or any gain, men readily feel his superiority. They who deal with him are inspired with joy and hope; he lights up the house or landscape in which he stands. His actions are poetic and miraculous in their eyes. In his presence or within his influence, everyone believes in the immortality of the soul. They feel that the invisible world sympathizes with him. This type of man was our own great Lincoln. A great personality can afford to wait for what is called success. Success is assured.

Henry Ward Beecher, in a reply to a young man who asked him if he advised the study of elocution, said: "Elocution is all right, but you will have to forget it all before you become an orator." Meaning we must walk alone, think our own thoughts. What we need most is originality and self-activity. Every new thought, every new act, leaves us a different being. The more the hand is trained the more the brain develops. Each react upon the other. It was as a tool-user

and weapon-user that man's intelligence was stimulated.

There is an eternal, beneficent necessity that is always bringing things right. Every truth leads in another. The bud extrudes the old leaf, and every truth brings that which will supplant it.

Mind and body co-operate in the unfolding of our powers. The body is constantly receiving enrichment, intensifying, and refining its discharge of functions through its co-operation with mind. A well exercised and vitalized brain is a source of health and even tends to longevity.

The unfolding of personality is an outcome of two interdependent processes—the development of the inner life and power, and the presentation of outer reality. The Danish philosopher, Hoffding, says: "However far back we go, the individual will start always with a certain organization, with certain forms and powers which they themselves have not acquired." At every stage of the great process of evolution there is a given basis, by which the effect of all experiences are determined. The external always presupposes the internal. What is acquired is conditional by what is originally innate. This is a fundamental relation that constantly repeats itself; this is true of all living things. It is the first chapter of their evolutionary history. Each has its primary nucleus in which is enfolded its future life history, "After its kind". The greater the native endowment and acquired ability, the freer and more natural the progress; the more these are brought into action the greater the power of personality.

The child is an imitator. He acquires self expression by experience and repetition. We are children grown tall. We wish to be ourselves only higher. Our real wants are symptomatic of native tendencies. They are hungers to do things and to know things. There are things that we are born to care for and care about. Bad experiences make us want to stop. Pleasurable experiences make us want to go on. If we have a task that runs counter to some existing tendency, we must endeavor to supply something attractive in connection with it to put more of ourselves



into it. To make an alternate more effectual there must be something to add interest and make it less distasteful.

All spiritual or real power makes its own place. Tenacity of purpose wearies out opposition and arrives in port. Superficial success is of no account. It is the consciousness of deserving success that makes it count. The greatest uneasiness is suffered by the man suddenly elevated to a position he is not prepared for.

Mistakes are the rungs of the ladder by which we reach the truth. The man who allows another to do his thinking and is satisfied to repeat what he is taught, must forever remain in the lowlands. Our only relief from poverty is that we exert our faculty.

"Each well-born soul must earn what it deserves,

The fortunate is he whose earnest purpose never swerves;

Whose every action or inaction serves the one great aim."

It is not possible to think intently and intensely all the time. Those who try it are never able to dive deep or soar high. Man should occupy himself, with the commonplace, and rest himself for his flight. Seek the inspiration of "an ample shade, a running brook, a piping bird and splashing trout, and wild flowers running all about."

There is a river in the ocean. In the severest droughts it never fails, and in the mightiest floods it never overflows. Its banks and its bottom are of cold water, while its currents are of warm. The gulf of Mexico is its fountain and its mouth the arctic seas. It is the Gulf Stream. There is in the world no other such majestic flow of waters. Its current is more rapid than the Mississippi or the Amazon, and its volume more than a thousand times greater.

The currents of the ocean are among the most important of its movements. They carry on a constant interchange between the waters of the poles and those of the equator, and thus diminish the extremes of heat and cold in every zone. The sea has a climate as well as the land. They both change with the latitude; but one varies with the elevation above, the other with the depression below the sea level. The climates in each are regulated by circulation; but the regulators are, on the one hand, winds; on the other currents. The inhabitants of the ocean are as much the creatures of climate as are those of the dry

land, for the same Almighty hand which decked the lily and cares for the sparrow fashioned also the pearl and feeds the great whale, and adapted each to the physical conditions by which his providence has surrounded it.

The currents of thought may be compared to the currents of the ocean. There is a constant interchange of consciousness that leads from the seen to the unseen. There is a subliminal realm from which wells up into each soul, the good, the beautiful, the true, and each must explore and trust in its deepest intuition.

The secret of the power of personality in great men is, that their spirit, like the Gulf Stream, diffuses itself. A new quality of mind travels by night and by day in concentric circles from its origin, and publishes itself by unknown methods. The union of all minds seems intimate; what gains admission to one cannot be kept out of any other; the smallest acquisition of truth in any quarter, is so much good to the common-wealth of souls.

We regard the prophets with respect because their whole existence is not bounded by their "hats and their shoes" but they are illumined by inspirations from a higher source and they have given to the world the great spiritual ideals. The old Greek philosopher, Heraclitus, said, "Though you trod every path, you could not find the limits of the soul, so deep is its essence."

Men are born to command and come into the world booted and spurred to ride. Great men should have symmetrical and intellectual powers and be possessed of eminent personal qualities. There are men of natural fascination, with frankness and winning manners, and eloquence of speech, that indicate their character and truth.

Acquiring habits helps to fix personality. Environment is either a check or a stimulant. Had we gone to a different school, lived in different social, industrial or political surroundings; selected a different calling; read a different set of books; traveled more or less, and here instead of there; and so on indefinitely, each slight deviation would in some way have changed us.

The mystic and practical temperaments seem to be divided between these subconscious influences in the development of personality. The man who is moved by the inscrutable forces within him, acting upon his practical impulses, taps a source of supply and awakens



resonances which would otherwise be missed. The mystic, of receptive mood and temper, also touch upon or is touched by the vast territory which lies beyond the self of our ordinary experience. Each is affected in his own inner life and power by what he gains. The subconscious mind is not only a storehouse, it functions and functions continuously in a far-reaching way. "Conscious personality is never more than a feeble portion of physical personality."

The late F. W. H. Myers says, "The conscious self of each of us as we call it, the supra-liminal self, does not comprise the whole of consciousness of faculty within us. There exists a more comprehensive consciousness, a profounder faculty, which for the most

part remains potential only as regards the life of the earth, but from which the consciousness and the faculty of earth-life are mere selections, and which reasserts its plenitude after the liberating change of death."

The secret of nature's success is patience. A naturalist may go out into the woods to study the birds. He may walk and walk and walk and see no birds. But let him sit down on a log and wait, and lo! the branches are full of song. Those who pursue success never catch up with her. Success takes alarm at pursuit and avoids the stealthy pounce. "Seekest thou great things? Seek them not;" but, "Seek ye first the Kingdom of God and his righteousness and all other things shall be added unto you."

## Beating Coué to Couéism

By HERBERT COOLIDGE

I HAVE been visiting with an old friend of mine, Ben, we will call him. Hadn't had a good visit with him since his children were little. Now Dora is 17, Louise is 13, and Rosalie is 11. Ada, Ben's wife, is a cheerful, chattering young lady on the sunny side of fifty. She will still be on the sunny side when she's *past* fifty, too. Those three young daughters of Ben's play around the house like kittens. They have spats and even "scraps", sometimes, but no real tempests. There are many occasions when daughters come around to be kissed by their Dad and vice versa. The whole family seems to be in love with each other.

Now you know that all these years I have had an idea that Harriett and I had the edge on Ben and Ada in the matter of religion; because we sort of specialized on religion, becoming Truth students and finally Truth teachers, while Ben and Ada stayed on in the orthodox church. But I opened my eyes when Ben and I got to talking about Coué. Ben hadn't read Coué's book, so I thought I had the edge on him there.

"All of our children", said Ben, "add something like this to their bedtime prayer: 'I am *well*, I am *strong*, I am *happy*. I love my Mamma, I love my Papa, I love Rosalie, and I love Dora and I love God.' They began this as soon as they were old enough to talk, and they're still saying it."

I certainly sat up and took notice when Ben told me this. Finally I said: "Ben, it looks to me as though you had beaten Coué to it by several years; moreover I believe that you have improved on him. It's no wonder that your girls stand up so straight and fine and feel so frisky, and that there is such a good atmosphere in your home. You can get some idea of the power of the principle you have been working with when you consider that there are many cases in which malignant, persistent, deep-seated organic diseases have yielded to Coué's 'Day by day, in every way, I am better and better,' repeated night and morning. If this principle would work so efficiently on a lot of tough old-timers who had most of the faith and love knocked out of them in their battles with the world, and who also were all torn to pieces with fear and pain, what would it not do for a child, who, in simple love and faith could say: 'I am *well*, I am *strong*, I am *happy*. I love my Mamma, and I love my Papa, and I love Rosalie and I love Dora and I love God?' "

"We start them off on the right foot in the morning, too," said Ben. "I wake them up with a good-morning kiss; then, to smooth out all their little waking-up puckers, I say:

'Good-morning to you! Good-morning to you! We're all in our places with sunshiny faces; And that is the way to start a new day.'



Good-morning to you!

Good-morning to you with a SMILE.' "

"Straight Couéism," I said. "Ben I'll have to hand it to you. Not bad at all for Ben-the-Baptist."

"I'll have to pass the toga on to Ada," replied Ben.

"Where did she get the idea?" I asked.

"Oh, she got hold of a book on psychology about twenty years ago. There are a lot of Scotch folks up her family tree; she can't help being practical that way."

"I'll venture to hope, Ben, that none of your young ladies ever get so smart and so grown up that they quit saying their evening childhood prayers. If they will just keep on, and add to their I-love-you-list the name of their Sir Galahad, when he appears, and any babies who may come along, why you and Ada will be the forbears of a breed that will make this old world a lot better place to live in."

I got quite a jolt when I realized that Harriett and I had not established the "Now I lay me" habit with our two. We had great faith in the power of a parent's prayer for a child. I wrote a book about, *Mothers' Might And How To Use It*, published by Elizabeth Towne. I guess you won't mind my saying that this is one of the very best books in print, because it tells folks how to become parents of great men and women. You know that an unduly large proportion of great men and women come from ministers' families.

This has been proven statistically. Why doesn't this honor fall to college professors?

But Harriett, and I, to get back to our theme, must have failed to realize the power of a child's prayer for himself. It may have been that we missed it in trying to avoid the "If I should die before I wake" idea. Ever think of the poor little tots who have been scared into cold shivers by this clammy suggestion? How would you like to say it yourself, when you were feeling shaky some evening, maybe with a fever raging around 103?

In order to give the young parents who read *Nautilus* a chance to do better than I did, I'm going to ask Elizabeth Towne to announce prize contests, one for the best child's evening prayer, another for the best child's morning prayer. The evening prayer which Ben and Ada taught their girls seems so good that I'm going to submit it for the contest, total proceeds, if it wins, to go to any good work that Ben's and Ada's daughters may decide on.

#### CHILD'S EVENING PRAYER.

*In this little bed I lie,  
Heavenly Father hear my cry.  
Lord protect me through the night,  
Bring me safe to morning light.*

*God bless Mamma and Papa and Rosalie  
and Dora, and make me to be a good girl—  
Amen.*

*I am well, I am strong, I am happy, I love  
my Mamma, I love my Papa, I love Rosalie,  
I love Dora, and I love God.*

## But I Say Unto You

By MARY FORBES

**I**F YOU desire it,  
You shall have it.  
If you keep your face towards it,  
You shall see it.  
And your mind upon it,  
You must create it.  
You shall not go to it,  
It shall come to you.  
High it may be,  
But it is not above you,  
And hard, but not too hard for you,

Nor too far for you to reach  
If you have *faith*.  
There lies thy power,  
And it is in thyself.  
Oh! use thy hour.  
Touch, take and grip  
Like bands of steel.  
Believe thy strength,  
Thy God-power feel,  
Make good the claim,  
Find shadow real!





# Views and Reviews

## By William E Towne



### ARE YOU SEEKING A MAGIC FORMULA?

**T**HE primitive savage often seeks a talisman that will bring him health, or good luck.

There are many individuals who look to New Thought to supply them with a formula or affirmation that will do for them exactly what the savage expects his talisman to do for him.

The virtue of any affirmation lies in its power as a suggestion. No magic formula, no affirmation, can do away with the necessity for facing the facts of a situation or make unnecessary adequate *action* in dealing with reality.

Affirmation may greatly facilitate action, it may prove a great factor in determining the right kind of action in a given circumstance, but it can no more perform the function of intelligent, directed effort in producing results than a man can lift himself by his own bootstraps.

Affirmation may quite possibly multiply the results you get from the use of your intelligence and from work, but it cannot substitute for them.

If one looks to affirmation ALONE to bring realization of his desires, he unfits himself for dealing adequately with the realities of life. He reverts to the infantile condition where he expects a wave of the hand, a little crying, to bring immediate satisfaction of his wants.

To deal efficiently with a life problem, we need to face the facts connected with it. We need to interpret facts in the light of reality rather than as we would like them to be, and this can only be done when we quit fooling ourselves with childish phantasies. Then we need to analyze the facts for the purpose of working out a better adaptation, a more efficient adaption, of our life and action to our environment.

This is the way all civilization has been built. This is the way the race has grown. There has been an ever better and better adaptation of life to environment.

In all this process suggestion has played a

tremendous part—how large a part no one can say. Faith is the very keystone of all advancement, and faith is largely inspired by suggestion.

There is a natural, infantile tendency to feel discouraged when first we realize that our magic formulas fail to work. But we should regard failure as our friend, for it is only failure that spurs us on to progress.

In those parts of the world where almost no effort is required to support life, the natives never rise very high in the scale of civilization. Where the conditions of life are more difficult, disappointment spurs the individual to an ever more and more effective adaptation. If food is difficult to get, man's ingenuity is developed until he has so adapted himself to his environment that he has become its master.

So long as you seek to objectify your desires and aims, while at the same time you adapt your personal desires to the interests of society as a whole, you have every reason to go forward with all the confidence in the world to meet obstacles and failures, knowing that you possess the power to turn them to ultimate success.

### HOW TO KNOW WHEN YOU HAVE THE RIGHT SOLUTION TO YOUR PROBLEM.

**T**HERE are a few tests that you can apply to any proposed solution for an important personal problem, that will aid you in determining its probable effectiveness.

The solution will increase your peace of mind and help you to live more efficiently—

If it is calculated to promote the happiness of all concerned.

If it requires you to *act* upon the world of reality outside yourself, and expend your energy in constructive, useful work rather than to waste it in some form of phantasy, entirely apart from directed thinking or conscious aim.

If it leads you to act *with* others, to find a point of agreement with someone, instead of withdrawing within yourself like a sulky child





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that refuses to play because the facts of a situation displease him.

If it is the most common-sense and workable solution that you can find.

If it can be promptly put into effect.

If it is a solution that enlists your interest.

If it makes the best possible *adjustment* of conflicting elements.

If it is in the direction of real *progress* on your part. This will be most apt to be the case if the solution is really a product of *directed thinking* and not inspired by fear, prejudice, or an automatic judgment of facts that have been interpreted too largely according to what one would *like to have true*.

### WHEN YOU WANT TO FORGET.

**T**HIS morning I dictated a letter to a girl whom I will call Alice—because that isn't her real name—who has been trying to apply New Thought as a means of taking the sting from an unhappy love affair.

Her case is typical of many, in that she hugs her trouble to her in a frantic attempt to fool herself into the belief that it is yet possible, by some magic use of New Thought, to extract a remnant of pleasure from the situation.

Many months ago her lover grew indifferent, suggested that they keep apart for six months, and finally, when she called him on the telephone, announced to her that he was married.

In the face of this, she has been telling herself that he is not really married; that he is only testing her to see if she really loves him; that by the use of affirmation, etc., he will be won back to her.

The only effective way to deal with such a situation is to first *face the facts*, hold the situation in consciousness long enough to analyze its various elements and decide how and where to direct *attention* and *interest* so as to bring future activities into line with constructive and social aims.

To one who is in the depths of misery over a disappointing love affair, this seems like a cold and intellectual proceeding that holds little hope of pleasure. But it offers the only wholesome and effective method of release from a situation filled with pain, the only

direct way to resolve a mental conflict that otherwise will continue to live in the unconscious mind, to the detriment of the peace and happiness of the individual.

To sit down alone in such a situation as that to which I have referred and allow the attention to become absorbed in phantasy, to go over and over mentally the various incidents that led up to the climax, as one would sit in a theatre and watch a moving picture thrown upon the screen, is a childish form of indulgence that leads nowhere. It is inspired by the archaic, infantile unconscious that is always seeking pleasure. When things go wrong in the world of reality, the unconscious seeks to extract pleasure from pure phantasy. In such a situation phantasy, if indulged to an unlimited extent, is like a drug to one in physical pain. It may still the agony for the moment but when the reality of the situation is again thrust upon the consciousness by the stern logic of events, the pain will be greater than ever.

Such a course will also result in splitting the stream of psychic energy, a large portion of which will be expended in phantasy and the individual correspondingly weakened for effective, united, constructive action in the world of reality outside himself, and only such activity can bring him peace of mind and restore his poise and usefulness to society.

What Alice, or anyone in a similar situation needs, is to *reconstruct the circumstances that caused it*. The events of the drama must be subjected to *directed thinking* (as distinguished from the drifting images of phantasy) *and a different ending arranged*. This should be followed by activity in the new direction that has been selected for the focussing of attention and energy.

To illustrate: Suppose Alice has another friend who is really better suited to make her a good husband than the lover she has lost. He may be trustworthy and fond of her. The rupture with the first man was indirectly due to the fact that he was unacquainted with her family. The second man knows her in the environment of her home and family, so there is nothing for her to fear on that score.

She has always felt that she did not care enough for him to marry him. This was partly because she liked number one better.





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But now, as she reconstructs the circumstances of her drama and subjects them to directed thought, she realizes that with number one gone from her life there is a possibility that she *might* be happy with number two. Her parents like him and want her to marry him. She sees that life may still prove good, if she can turn away from the past.

So, when time has softened the keen pain somewhat, she takes action upon her reconstructed scheme of life. She responds to the friendly advances of the second man and as she comes to know him better she makes *him* the hero of her drama instead of number one and the time comes when they are married.

She has thus found a successful solution for a most perplexing and painful problem, by *facing the facts*, subjecting them to *directed thinking* and reacting upon them in the best way for the happiness of all concerned.

If she had taken a different course, if she had withdrawn within herself, shut herself off from her friends, gone over and over the incidents of her drama by herself, with no constructive idea but following the infantile instinct to squeeze pleasure out of the situation by phantasy when reality had failed, such a course would have brought no solution. It would have brought neither peace of mind nor happiness. It would have unfitted her for doing her share of the work of the world and would have contributed nothing to the happiness of those about her.

The suggested solution and reconstruction of the drama is of course only one of many that Alice might follow. If she possessed talent as a musician, she might apply for a position where the exercise of her art would furnish her a means of self-expression. By directing her attention and interest to her work she could make a success of it, give pleasure to others, support herself and take a burden from a father who was overburdened. By directing her energy into her work and her thoughts away from the past, she would gradually restore her peace of mind and find relief from the pain.

This, too, would be a constructive solution of the problem, and happens to be more nearly the course that is being followed by the real

Alice—a course in which I encouraged her to continue, until such time as the Right Man appears.

### WRITING VERSE AS A MEANS OF SELF-EXPRESSION.

I USED to feel very sorry for the writers when it became my duty to return reams of impossible poetry. It seemed as if they had wasted so much time and energy, as if there must be so many disappointed ones who had mailed out their manuscripts with high hopes, when there was nothing in the manuscripts themselves that would warrant encouragement.

More recently I have come to see that the attempt to write poetry is a most valuable form of creative expression. The poetic impulse is closely allied with the energies of the universe. No matter how impossible the poem may be, judged by editorial standards, it may have helped and benefited the writer, through its creation, in ways that we little understand and to an extent that we do not begin to appreciate.

To the writer his poem may be a means of satisfying the imprisoned desire for beauty, for truth, for love. The writing of verse may release or bring into expression an increased flow of creative energy that will make life a brighter affair, and that may be directed toward constructive work in the world of reality.

The truth about life is quite different than it seems to us to be. And what seems like a minor human activity—such as writing impossible poetry—may be closely related to *the principal function of life*. The instinct to express harmony through poetry, an instinct that seems to be possessed by so many, may be the manifestation of some great, universal Song of Songs coming forth into the world of reality.

In that remarkable book, "Tertium Organum," by P. D. Ouspensky, I find the following:

"In all living nature (and perhaps also in that which we consider as dead) *love* is the motive force which drives the creative activity in the most diverse directions.

"In the springtime with the first awakening





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of love's emotions the birds begin *to sing*, and *build nests*.

"Of course a positivist would strive to explain all this very simply: singing acts as an attraction between the females and the males, and so forth. But even a positivist will not be in a position to deny that there is a good deal more of this singing than is necessary for 'the continuation of the species'. For a positivist, indeed, 'singing' is merely 'an accident', a 'by-product'. But in reality it may be that this singing is *the principal function of a given species*, the realization of its existence, the purpose pursued by nature in creating this species; and that this singing is *necessary*, not so much to attract the females, as for some general harmony of nature which we only rarely and imperfectly sense."

And so, perhaps, the writing of poor poetry is an expression of certain feelings and ideals, that make it an essential part of human experience quite as important to the purposes of Life as the activities of the editors who judge and return such productions.

So now I would say to every one who desires to write poetry, whether they have any seeming qualifications for doing so or not, whether they ever succeed in having a poem published or not, keep right on writing so long as you feel the urge, *for by so doing you are fulfilling some function of your own nature* in accordance with the purposes of life.

### TOLERANCE AND ADJUSTMENT.

I DO not believe it is necessary to the welfare and happiness of mankind that there should be perfect harmony of belief and understanding between individuals. Such a condition is neither desirable nor possible. Life would be an empty futility, a desert waste of monotony, under such circumstances.

What is needed in the world at the present time is more of the spirit of adjustment, a turning away from that bigotry of opinion that stands like a rock against meeting the other fellow half way and finding a point for a working agreement.

We need more of the spirit of adjustment in religious and economic matters.

Former President Wilson, writing in the current *Atlantic Monthly*, calls attention to

the divorce of humane feeling from business in these words: "Have not many fine men who were actuated by the highest principles in every other relationship of life seemed to hold that generosity and humane feeling were not among the imperative mandates of conscience in the conduct of a banking business, or in the development of an industrial or commercial enterprise?"

No single group of people, not even the New Thought group, has remained immune to the spirit of intolerance that is sweeping through the United States perhaps more largely than in most other countries.

In this connection I quote briefly from two letters received since the recent I. N. T. A. Congress at Washington. The writers were present at the Congress, and these remarks were inspired by part of the proceedings there.

Number one writes: "Never before, in the moments of my wildest amusement, have I seen a hair split into such a multiplicity of parts and still remain a hair. I did not dream that such expert carving came within the possibility of man."

Number two, in more serious vein, writes: "The bigotry of groups will probably continue as long as there are groups. *Can* there be organization without bigotry of opinion?"

In my view, considering the nature of *human* nature, there will always be bigotry. But, as I said above, we *can* improve the quality of our methods of *adjusting* our differences, and change the spirit in which we regard such adjustments, and it is in this direction that we must look if we are to go forward instead of back into the dark ages of the inquisition and similar expressions of intolerance.

## Today

By MAUDE GORDON ROBY

LIKE a little child, my dearie,  
Traveling on your happy way;  
With a heart, courageous, cheery,  
Thank your God for work and play.

This will set a Carol ringing—  
As your Winter turns to May;  
For all things you love are winging  
To you now, they're yours TODAY!



## Elizabeth Abroad

WE are under the sad necessity of apologizing for the absence of the Editor's announced article on the I. N. T. A. Congress, the London Congress, etc., that was to have appeared in our August number.

Her notes have not yet materialized, partly because Hilda and the dictaphone didn't accompany her on the *Berengaria*, and further because she couldn't find a stenographer at the Palace Hotel in London.

We held two pages in August *Nautilus* until the last possible moment consistent with getting the magazine out on time, but all we received was a brief letter containing this briefer reference to copy: "No copy yet. Wow!". Which, being interpreted, means that the Editor's Unconscious Mind was having a better time sight-seeing, visiting with Mary Chapin and attending the London Congress than it would have had if she was laboriously grinding out hand-tooled copy alone in her room at the hotel.

Just so you can keep in touch with the Editor, we are going to give you herewith a few scraps from her infrequent letters and cablegrams, and we can safely promise that when she *does* get started on copy for *Nautilus*, there will be no derth of news and details in what she tells you. Perhaps something will arrive in time for this issue. In the meantime, here are the scraps:

July 5. "Lots to do here and so slow getting anywhere! Mary Chapin and I doing the town. Went to see Eugene O'Neill's play, 'Anna Christie,' with Pauline Lord, first night. Great! Cost 3 shillings 9 pence, 4 shillings with tip. Long way out here. May change to the Savoy.

"Mary and I went to reception at Lansdowne House yesterday (July Fourth) with American Society in London, at night, followed by ball. Met Lords and Ladies, including Lady Astor, Lord Dewar and Sir Thomas Lipton. Also many other most interesting persons. Dinner of eight courses, wine, 400 present. *Gorgeous time*.

"Just got off 6 letters, etc., re invitations here. Need a social secretary already.

"Must dress now for tea at Lyceum Club with Adelaide Johnson (sculptress) and Mary Chapin. Tea tomorrow at home of Mr. and Mrs. Chas. Wase for I. N. T. A. Delegates.

Congress opens Sunday. Am on the program that night and twice besides. Two meals yesterday and today. No copy yet. Wow!"

No date. "Yours of June 27 and 28 I found when Mary Chapin and I came in from our 10 p. m. supper at Scott's. *Swamped* with things to do. All details in my diary, if I can *ever* get a stenographer to copy them. None in house.

"Congress small but interesting. Different from ours. Questions after every meeting. Fine! I speak Thursday and Friday evenings. I find the same problems here in the I. N. T. A. that we have in the United States. Better use this in *Nautilus*, also my other notes. Heaven knows when I'll get *anything* written otherwise."

July 16. "I waked up anxious for letters from home, just as four came shooting under the door—two from home. Have to phone American Society in London, G. W. McKinley from *Springfield*, at 10 a. m. Going with a lady to Lord Riddell at 10:30, moving things to get pass to House of Commons this P. M. to hear debate on Snowden's public ownership bill. Hoping!

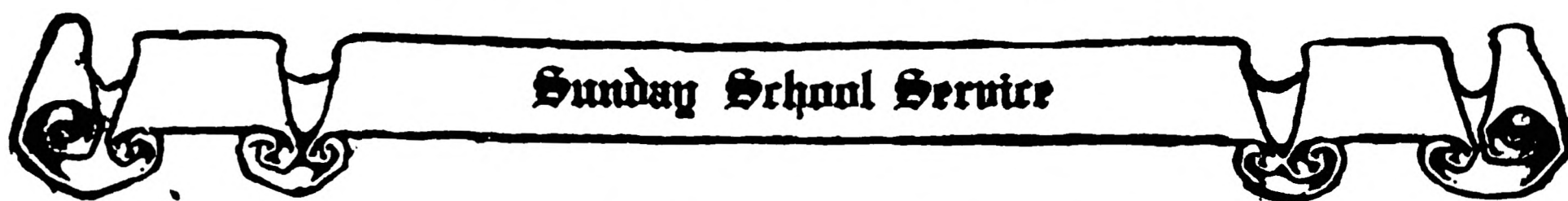
"Had dinner party here yesterday at 2:30 for local workers and three foreign representatives and three from America—19 in all. Great. Vernet, of France (American) gave me a bunch of *wonderful* roses. His wife (in Nice) ordered them by cable. They are here in a silver bowl. Lovely.

"Three minute speeches all around at the dinner party. Ended at five. Cost 10 shillings 6 pence each. Wonderful room and decorations. Gave 3 shilling tip. Ten. Must phone and run! Mrs. Ingpen coming for me. Hurrah for Ford and garden and everything!" (The last sentence refers to a newspaper clipping sent from the United States, and information regarding the products of my own hand tooled quarter acre garden.—W. E. T.)

Cable. London, July 25. "Landone alright. Well, happy, busy. Sail August 4th for Sweden. Cable all news."

(The reference to Mr. Landone was in reply to a question about a wonderful new series of articles that he has promised to write for *Nautilus*. He will present original and advanced methods and ideas in regard to healing—methods that have produced astounding results. This series, with some of the titles, will be announced later.—W. E. T.)





## International Sunday School Lessons

*Interpreted for Ministers, Teachers, Students and Others who Study the International Bible Lessons*

**Class Work by ANNIE RIX MILITZ**

September 9. JOHN MARK.—Acts XII:12, 25; XIII:1-5; XV:36-40; 2 Tim. IV:11, or *Youth may fail, but the man makes good.*

*Bible Reading:* Acts 12:12, 25 to 13:13; Acts 15:36-40; Colossians 4:10; 2 Tim. 4:11; I Peter 5:13; Psalm 32:1-7.

**GOLDEN TEXT:** *Whatsoever thy hand findeth to do, do it with thy might.*—Ecclesiastes 9:10.

**NEW THOUGHT GOLDEN TEXT:** *That the man of God may be perfect, thoroughly furnished unto all good works.*—2 Tim. 3:17.

**I**T was in the home of John Mark's mother that the faithful Christians prayed Peter out of prison. Peter thought it was a vision when his angel-self loosened the chains from his feet and opened the prison doors and led him to the home of Mary, Mark's mother.

Mark was the spiritual son of Peter, and it was from Peter that he obtained most of the material of the Gospel called by his name. Some have called the *Gospel according to St. Mark*, "The Memoirs of Peter."

Mark was young when he received his call to join the two great missionaries, Paul and Barnabas—the latter was also his uncle—and apparently lost courage, for he turned back at Perga in Pamphylia (Asia Minor) and returned to Jerusalem.

Paul felt bitter about this, and from that moment did not consider Mark fit to minister, he being described by Jesus' words, "No man, having put his hand to the plough, and looking back, is fit for the kingdom of God" (Luke 9:62).

Well may Mark stand for that unfitness in ourselves, so that we may need much training in some respect, wherein we look back, to "be thoroughly furnished unto all good works." And the fact that Mark finally made good, may well enthuse us with new courage and a patient waiting on the Lord to be made fit.

One of the early Church Fathers refers to Mark as "maimed in the finger," which may have been a fact, or a figure, since the Romans marked a deserter by cutting off his little finger.

But the great-hearted Barnabas believed in him, and he and Paul parted company because Barnabas insisted upon taking Mark when they began their second missionary journey. If they had only consulted the Inner Voice, they need not have had any inharmony, but few of us remember to refer our differences to the Holy Spirit.

And Mark made good, so that Paul reversed his opinion about him, at the last, desiring his presence, "for he is profitable to me for the ministry." He was founder and first bishop of the Church of Alexandria, and Jerome says of him, "he so

adorned, by his doctrine and his life, the church which he founded, that his example influenced all the followers of Christ."

Mark was given another chance. No one is so unfit but he can be made divinely efficient by the power of Christ. The lion is the emblem of Mark; and nothing impresses one more in Mark's Gospel than the expediteness with which all events move in it. He uses "straightway" (in its various translations), "immediately," "forthwith," "anon," etc.) 42 times.

The Spirit brings out all a man's genius.

*Silent Affirmation.*

**The flesh appears weak, but my Spirit is Almighty!**

**God makes me fit to do perfectly whatever I undertake to do.**

September 16. LUKE THE BELOVED PHYSICIAN.—Luke I:1-4; Acts I:1; Acts XVI:9-15; Colossians IV:14; 2 Tim. IV:11, or **THE GREAT HEALER, LOVE.**

*The Great Healer, Love.*

*Bible Reading:* Luke 1:1-4; Acts 1:1-5; Acts 16:9-18; Acts 20:5 to 21:19 and chapters 27 and 28; Colossians 4:14; 2 Tim. 4:11; Psalm 91:9-16.

**GOLDEN TEXT:** *A friend loveth at all times; and a brother is born for adversity.*—Prov. 17:17.

**NEW THOUGHT GOLDEN TEXT:** *I am the Lord that healeth thee; and, lo, I am with you alway.*—Ex. 15:26; Matt. 28:20.

**V**ERY little is given us about the personality of Luke, yet Paul's description, "beloved physician," places him forever in the Divine Plan to represent *Love the Great Healer*. The early Fathers of the Church tell us he was a Gentile or Greek, being a native of Antioch in Syria, and his Gospel was written especially for the Gentiles. He dwells upon Jesus as the Saviour of the Gentiles as well as the Jews and many of Jesus' references to Gentiles (like the widow of Zarephath and Naaman the leper and the good Samaritan) were noted and recorded by him.

Luke was Paul's friend to the last. "Luke only is with me," Paul writes when sending for aid. Friendship, love and tenderness mark strongly Luke's character and Gospel. And his desire to heal which had made him choose his profession, reveals his form of service. The pagan physicians were sorcerers, and one of the first steps that they took in becoming Christians was to abandon their former methods of healing.



Six times the word physician is named in the Bible and none with praise.

Luke was a man of education and culture; also of wealth, for the physician was the most lucrative of all professions in those days. His writing of the Gospel has been most highly praised. Renan says, "From the purely literary and humanitarian standpoint it is the most beautiful book ever written."

The Gospel of Luke is the longest of the four, and over half contains what is not found in the others, such as the story of the infancy of both John Baptist and Jesus, about the shepherds, the presentation in the temple, Jesus at twelve years, 16 parables, 6 miracles.

Luke enters his own history when he refers to "we" and "us" in Acts, chapters 16, 20, 21, 27 and 28. As the healing Presence of God he is essentially loving and beloved, the same Friend, that spoke through the lips of Jesus, "And, lo, I am with you alway even unto the end of the world." He traveled with Paul from gathering ("church") to gathering. The word church in Acts does not mean a building or an organization, but what we mean today by "Center." Paul, the teacher, and Luke, the healer, were a most successful combination, and great was the work accomplished thereby.

*Silent Affirmation.*

**The Spirit sends its Power  
Throughout my whole Being,  
Speaking through my lips  
And healing through my hands  
All to whom it sends me.**

September 23. **TIMOTHY, A GOOD MINISTER OF CHRIST JESUS.**—Acts XVI:1-3; Phil. II:19-22; 2 Tim. I:1-6 and III:14, 15, or *Dependable Youth, an Honor to God.*

*Bible Reading:* I and II Timothy, Psalms 119:9-16.

**GOLDEN TEXT:** *Be thou an example to them that believe in word, in manner of life, in love, in faith, in purity.*—1 Tim. 4:12.

**NEW THOUGHT GOLDEN TEXT:** *Let no man despise thy youth . . . I put thee in remembrance that thou stir up the gift of God which is in thee.*—1 Tim. 4:12 and 2 Tim. 1:6.

**T**HE name, Timothy, means "honoring God," and it seems befitting to his character, which illustrates the heavenly youthfulness, combining wisdom, love, faith, purity and that most practical virtue, dependableness.

Timothy was a spiritual discovery of Paul's and a most valuable helper. His mother was a Jewess, his father a Greek. His mother, Eunice, was spiritually-minded and full of faith, and also his grandmother, Lois. Thus a fine foundation had been laid for the young man, trained from his infancy in spiritual things and the knowledge of the Bible.

Paul illustrated by means of Timothy how the Truth does not find youth a hindrance to the life, for he gave Timothy much responsibility in caring for the Philippians and also individuals, especially women. Paul wisely put trust in this young man's honor respecting those who might have been his greatest temptation.

Certain gifts that were in Timothy had been brought out when Paul laid his hands upon him in spiritual baptism. He is enjoined to keep one gift in activity, not letting it recede by non-use. Doubtless it was healing power.

Not a divine gift should be neglected by us—especially those who can serve. "Stir up the gift" that is in you (1) by keeping it before God in prayer, to be used in season and out, (2) by giving it over to Christ to be strengthened and exalted as the very Presence of God in you, (3) to meditate upon it with the Vision of its including all gifts.

The dependableness of Timothy included steadfastness, conscientiousness, remembering, diligence, and faithfulness, all possible to us when we know it is God that gives and is all of these.

*Silent Affirmation.*

**Eternal Youth finds its joy in Godhood,  
And gives its strength, skill, beauty and love  
To establish Heaven now on the earth.**

September 30. **REVIEW: GREAT MEN AND WOMEN OF THE NEW TESTAMENT,** or *God making men great.*

*Bible Reading:* Hebrews 11:13-16, 39, 40; Rev. 2:7, 11, 17, 26 to 28, and 3:5, 8, 12, 21.

**GOLDEN TEXT:** *Therefore let us also, seeing we are compassed about with so great a cloud of witnesses, lay aside every weight, and the sin which doth so easily beset us, and let us run with patience the race that is set before us.*—Hebrews 12:1.

**NEW THOUGHT GOLDEN TEXT:** *The people that do know their God shall be strong and do exploits. And they that understand among the people shall instruct many.*—Daniel 11:32, 33.

**July 1.** *John the Baptist*, the Voice that prepares. Trueness to it takes man out of the deserts into the Way of the mightiest evangelism the world has ever known.

**July 8.** *Mary, the Mother of Jesus*, the Soul so pure, selfless and devoted, lifts the spiritually inclined out of obscurity into mothering the Christ-self. The greatest work that Soul can do is to manifest the immortal Body.

**July 15.** *Simon Peter*, our Intuitive-Understanding. This man of impulse became inspired; this coward became divine Courage of martyrdom; this common fisherman became an immortal Fisher-of-Men through the love and power of Truth.

**July 22.** *John the Apostle*, the Beloved and the Lover, rose above intolerance and vengefulness to Immortality-in-the-flesh by the Christ within.

**July 29.** *Matthew the Publican*, efficiency in business, devoted to the Christ, elevates riches and worldly success into a splendid Stewardship for the Kingdom of Heaven here on the earth.

**August 5.** *Mary Magdalene*, our Human Love, redeemed, transformed and memorialized by the Christ.

**August 12.** *Martha and Mary*, Service without and within, both honored when given to the Lord.

**August 19.** *Stephen the Martyr*, the Light that witnesses to The Light reflects eternal glory, "Glory in the Highest."



**August 26.** *Barnabas the Great-Hearted*, Philanthropy, confined and limited in the old thought, is able to burst its narrow boundaries and serve the Ages with its splendid generosity, when Christ fills man.

**September 2.** *Paul the Apostle*, Religious Zeal overthrows bigotry, intolerance and the persecuting nature and enters into Universal Love, immortalized, when wholly consecrated to Jesus Christ and his message.

**September 9.** *John Mark*, the most ordinary Christian who is weak and vacillating may be made great and do immortal work through the faith of a Great One (like Barnabas) and "keeping everlastingly at it."

**September 16.** *Luke the Beloved Physician*, the Healer, who abandons world methods of treatment for pure Prayer and faith in God to heal, enters into an evangelism of popularity that needs no advertising.

**September 23.** *Timothy, a Good Minister*, the Youth devoted to Christ service, chooses the career that leads inevitably to Greatness when he turns all that is best in him to preach the Gospel and heal by the power of Jesus Christ.

*Silent Affirmation.*

**The Truth raises men and women out of  
mediocrity  
Into Greatness, Individuality and Immortality  
By the Power of the Christ within.**

## FOURTH QUARTER

### The Missionary Message of the Bible

**October 7.** ABRAHAM, A BLESSING TO THE WHOLE WORLD.—Gen. XII:-1-4; Gen. XVIII:17, 18; Gen. XXII:15-18, or *Obedient Faith, the God Pioneer*.

*Bible Reading:* Gen. 12:1-10; 13:14-16; 22:1-18; Hebrew 11:8-10, 17-19; Romans 4; Gal. 3:15-19; Psalm 47.

**GOLDEN TEXT:** *In thee shall all the families of the earth be blessed.*—Gen. 12:3.

**NEW THOUGHT GOLDEN TEXT:** *Go ye therefore and teach all nations . . . teaching them to observe all things whatsoever I have commanded you.*—Matt. 28:19, 20.

ONE of the most ardent desires of almost every wide-awake American is *to travel*. And why is this? Because they are feeling the urge of the Spirit, whether they are material or spiritual, to carry the Truth into all the world and make their union with the whole human race.

Abraham heard this urge as the Voice of God and he obeyed implicitly.

In the old days, men had to take their *personalities* to places in order to minister. Now we know that the best missionary work begins in Spirit, i. e., in thought and desire. And our response to "go into all the world" is in sending our thought daily, teaching the Truth and healing the nations. Every child should be taught to radiate thought to some part of the world for at least fifteen minutes every day.

This does not mean that we shall stop at the inner work but be ever ready to go in person when the call is as certain as it was to Abraham.

Abraham's concept of God included cursing or the destroying such cities as Sodom. But Jesus taught "I am not come to destroy but to save." So our God is not one that kills or sends evil, but ours is the God of Jesus Christ "who wills all men to be saved."

Abraham's real children are the Spiritual Men and Women scattered throughout the earth, and there shall eventually be *one* in every family on the earth either through birth or marriage or migration.

The successful, divine Pioneer must rise above every test and, as Abraham was ready to give up his nearest and dearest in Isaac, to be absolutely willing to relinquish all for the Great Work.

No life holds greater opportunity for glorious adventure and immortal achievement than ours.

We have the most wonderful message ever given to the world, and the world is hungry for it, whether it be given as a philosophy, psychology, faith-healing or Absolute Truth—the world is eager to receive it. East and West. Blessed are those who hear the call, and have the courage to go forth and give it freely, wherever the Voice within leads them.

*Silent Affirmation.*

**Faithfully I teach the Nations and I heal  
Their sick by my Thought and my Prayer;  
And I hold myself ever ready to go  
In person and give all I am and have  
To His Life.**

## Shine Forth

By MABEL DILL

**SHINE** forth, my soul;  
O shine supreme!  
Through all my being.  
Rend the dream  
Of weakness, sorrow and decay,  
And in my whole soul have Thy sway.  
Shine forth!  
Shine in my body

And there make  
Illness to cease  
And beauty take  
Its rightful throne  
With love and power.  
O God of all, now in this hour  
Shine forth!



# The American School Department

Metaphysics

Christianity

Psychology

## The Co-Operative Study Club

Conducted by Elisha Wallace

EVERY Subscriber to *Nautilus* is a member of this New Thought Co-operative Study Club without cost other than the \$1.00 for subscription to the magazine.

He becomes an Active Member of the C. S. C. (Co-operative Study Club) in full fellowship, by carrying on the study club work as given month by month, beginning it HERE AND NOW. Those who are faithful to the work will need no correspondence; *they will find their questions answered in the silence.* CLUB COMMUNION in the Silence aids all faithful members to the solution of their individual problems. Each for the Good of All and All for Each, the Heavenly Father "doing the works."

LOCAL STUDY CLUBS: Every Active Member of the C. S. C. may aid his friends and himself by forming a local C. S. C., thus entering into the complete benefits of Club Communion, by adding the PRACTICE, or EXPRESSION of Co-operative Study in groups, meditating and expressing together in divine freedom. Such Local C. S. Clubs should consist of from three to thirteen members, each of whom should be a subscriber to *Nautilus*; all of whom may, however, be served by one subscription, if deemed necessary.

ACTIVE MEMBERS of the C. S. C. may become REGISTERED STUDENTS of The American School of Metaphysics, Psychology, Christianity, by sending in a by-monthly report of work done, each report accompanied by a love offering for the support and extension of the work.

Each month's work well done counts five credits for an active Member, with a possible five additional credits each month for successful work, as leader, president or secretary of a Local C. S. C. All these credits count toward the Master of Co-operative Practice degree, conferred by The American School. Prospectus of the School may be had by addressing the American School, 247 Cabot Street, Holyoke, Mass.

*Key Thought to be affirmed by C. S. C. members in the Silence, the first thing every morning and the last thing at night, also to be affirmed at the opening of every Local Study Club meeting.*

**I AM resolved to keep my mind fixed on this my oneness with the Divine Intelligence.**

—FLORENCE MORSE KINGSLEY.

## XII. POWER AND TALENT.

BY ELISHA WALLACE.

IN preceding lessons we have learned that there is one thinking substance, from which all things are made; that the reality behind all the forms of the universe is the original mind-stuff, the source of all life, all power, and all intelligence.

Man is a form, or shape, of this Intelligent Substance; we know this because man has the attribute of consciousness, and the power of creative thought. God is the mind of all, and man is an independent center, made of the same stuff as God.

Man is made of the same stuff as God, and hence the difference between man and God is not one of kind. Being made of the same stuff, the same constituents or elements are in each. The various powers or abilities which, taken together, constitute the Power of God are all in man; taken together, they constitute the Power of man. Man has less power than God to just the extent that he is smaller in consciousness than God.

All power and all possibility are inherent in the substance of God; and as Man is made of the substance of God, all power and all possibility must be inherent in the substance of man.

God's power is a constituent of his substance, and as man is made of that substance, every power that God has is a constituent of man.

Man is not God; if man were God, man would be infinite, and there can be but one infinite; but there are many men. Man is not God, but God is man. Man is finite, and has boundaries; but inside of those boundaries man is God. Within yourself and out to the boundaries of yourself you are God, and have all the powers and possibilities of God. You will see that this necessarily must be true if there is only one substance, and you are made of that substance; all the powers and attributes of the substance of which you are made must be in you.

"The son doeth what he seeth the father doing," said Jesus. Man can do what he sees God doing; but Jesus also said: "My Father is greater than I." Man is all that God is in substance and essential power; but man has boundaries, and God has none. There is no power that does not originate with God; he is the source of All. And as man is made of the substance of God, man has within him the source of every power there is. This is true not especially of some men, but of all men, for all men are formed of the same stuff. The difference in men is not in the degree of power they possess, but in the amount of power they use.

The great man and the blockhead are formed of the same mind-stuff, and capable of the same things; but the one is using more of himself than the other.

Men are great just in the proportion that they exercise the powers which are inherent in their substance.



To manifest power, then, it is only necessary to become intelligently active. To "pass from death to life," as Jesus puts it; to know what you are, and to begin to do what you want to do.

If you are not doing great things, it is not because you lack the power to do them; it is because you are not *using* the power.

You have within you the power which has done all the great things that have ever been done; and you have as much of that power as anybody ever had.

There was never a person who had a power or a possibility which you have not, for there was never a person who was made of different stuff from you.

In order to attain to power, you do not have to have something added to you from the outside; you have to call into action more of what is inside.

You do not have to consider, then, how to get the power to be what you want to be, and to do what you want to do; what you have to consider is how to use the power you have in the right way. And you will find that the first essential to the right use of power is knowledge.

Power is misused through ignorance; and it can only be rightly used by those who know the truth.

The knowledge you need to have in order that you may act with power is not the mere general information which is taught in schools and colleges; that is as often misleading as right; as often erroneous as true.

The knowledge which you need to have is a *knowledge of the inner side of things*; a knowledge of the realities which are concealed beneath the superficial appearances.

What you need is knowledge which will enable you to judge righteous judgment, and not according to appearances, as Jesus said.

You can get this knowledge by cultivating a faculty of the soul which I will call Insight; meaning Power to Perceive Truth.

God knows everything; all that has been; all that is, and all that will be are present to the consciousness of that Infinite Mind in which you live, and move, and are. Every truth is present in God's mind as a thought; and when you perceive a truth, you perceive a thought of God.

The man who can perceive the thoughts of God, and who has the Will to Do Right may become a very great man indeed. Such a man was Jesus; and another was Abraham Lincoln. What made Lincoln great, except that he was able to perceive the truth when others were lost in the fogs

of error; and that when he saw the truth, he willed to do right.

The power to perceive truth will make YOU great in everything. It will enable you, always, to know the right thing to do. If you always know the right thing to do, it does not matter what your trouble is; whether it is a domestic difficulty, business complication or what not; you will overcome it if you do the right thing.

The people who are overcome by their troubles are those who either do not know the right thing to do, or who are not willing to do it when they perceive it. To have the Will to Do Right; to know the Right Thing To Do; and then to have the Power to do the Right Thing—what more can ability or talent do for anyone? He who has these three essentials can do what he wants to do, and become what he wants to become.

Nothing can possibly defeat you if you know the right thing to do, will to do the right thing, and have the power to do it.

The first step is to acquire the Will to Do Right.

To will to do right is to will to do the will of God; and the will of God is that all that live should have more abundant life.

If it is your will—your active will and intention—to give more life to every living thing in so far as it lies in your power to do so, then you will to do right. But it must be an active will and intention, and not a mere benevolent willingness or desire.

To wish everybody well is good as far as it goes, but it is not enough; the Will to Do Right requires the active PURPOSE AND INTENTION to give more life to every person, as we have opportunity.

Having settled your will to do right, the next step is to acquire or rather to cultivate the ability to perceive truth. This we will take up in our next lesson.

*For the next four weeks meditate upon the following scriptures, holding the ideas in thought and thanking Divine Spirit for the new light and new ideas which you will receive:*

FOR WEEK OF SEPTEMBER 9: Blessed am I, for my God is Lord.—Deut. 8-19.

WEEK OF SEPTEMBER 16: He giveth to me judgment and life.—Acts 17-25.

WEEK OF SEPTEMBER 23: My trust is in God, my health and my salvation.—Ps. 81-9-10.

WEEK OF SEPTEMBER 30: My word of spirit and of judgment is now made flesh, glory to God in the highest of me.—John 1-14.

## The Death of Fear

By LORLE ADCOCK

LET us build a mighty funeral pyre  
Of all our doubts and woes,  
Throw on the "ifs" and all the "buts,"  
And other kindred foes!

Come one, come all, join in the throng;  
Bring your destroyers of Cheer!  
To perpetuate a happy smile,  
We are going to cremate Fear!





## Departments of Ways and Means

*For the advancement of the individual in all relations of life. Affording a clearing house of ideas, evolved through practical use of New Thought in thousands of individual problems. Conducted by the Editors and contributed to by NAUTILUS readers everywhere, these departments afford a valuable symposium for a "copious unlocking of energies by ideas"—as William James puts it.*

### Things That Make For Success

#### *A Correspondence Department of Success Ways and Means Conducted by the Editors.*

*Have you discovered something that makes for success? We are publishing herein many bright thoughts from our readers, each over the name of the writer unless otherwise directed.*

*Letters for this department should be concise, plainly written, on one side of the paper only, not mixed with other matters of any description.*

*To the writer of the most helpful success letter published (as a whole or in part) in this department of each number of the magazine we will send NAUTILUS for 3 years, to any address or 3 addresses designated.*

*To the writer of the most helpful letter printed in six months we will send \$5.00 in money in addition to the subscriptions. Prize winners announced in number following publication.*

—THE EDITORS.

#### *Success Letter No. 891.*

Hurrying across the kitchen one morning, Little Trixie, our pet poodle, got under my feet, nearly tripping me. Trying to save myself from falling, I struggled to regain my balance, swayed wildly for a minute, and in making the effort to stay on my feet, I felt like I had wrenched my left side badly.

When I had full control of myself again and started to walk I had a sudden numb feeling all through the left side of my body, and a mist seemed to come over my left eye. I rubbed the eye, but the mist remained, so I went over to the mirror to see what was the matter.

As I glanced at my reflection in the mirror I gasped with surprise; I couldn't believe my eyes! From my forehead over to the left temple was a streak of gray-white hair! Now I knew this was not there in the morning when I combed my hair or I'd have noticed it! I attempted to raise my left arm, a stinging sensation shot through my whole body. Exhausted, I sought a chair and a doctor was called.

The doctor examined me carefully, wrote out a rubbing prescription, insisted nothing serious had happened, merely a bad wrench of the muscles. I spoke to him about my eye, and he insisted that after I felt stronger the seeming shadow always flickering before my eye would go away.

I've always had faith in this doctor, so I used his prescription faithfully, rested up, took care of myself. At times I felt almost normal again, and could raise my left arm up to the elbow without much effort, but no further. My left foot I dragged along, for it remained stiff in spite of all the treatment and advice from other physicians and surgeons consulted.

I took electric treatments, went to a professional hand massager, spent money left and right to regain the use of my left side of the body. Nothing seemed to help any. My eye remained overshadowed with the gauze-like film and I wore glasses constantly. As I grew older, the left side of my body seemed to grow stiffer and the gray streak of hair got whiter. I didn't know what next to do.

A kindly neighbor always sent her little daughter over to do my shopping for me after school hours, and one afternoon, quietly doing bits of sewing, I ran out of white thread, and sent the little youngster over to a candy store nearby to buy me two spools. The little girl came back with the thread wrapped in a sheet of printed paper. I unwrapped the thread, put the paper on the table and went on with my sewing.

Slowly preparing supper later on, I placed a pan from the stove on the paper, in order not to soil the tablecloth. When again wishing to use the pan, I placed it on the stove, and was about to throw the sheet of paper away when a few words caught my attention. I picked up the sheet and read the entire page, which happened to be torn out of *Nautilus* and was a page of a Success Letter.

Somehow the experience related in that Success Letter of a woman who had suffered much from nervousness put the thought in my mind that nerves, the state of the nervous system, had every-



thing to do with one's body. I thought it over for the next few days and then asked my daughter to stop in one of the bookstores uptown and get me a late copy of the *Nautilus*.

She purchased the copy for me and later many more. Made it a habit to buy a copy for me each month. I went about my work day in and day out, constantly reminding myself that I believed I was just temporarily disabled and would be all right soon. The soon proved a long time. But I was confident; I had faith and I had patience.

The first time I noticed any change was when my glasses didn't seem to fit my eyes. I took them off at periods; then left them off altogether.

The house cleaning season was coming on and, not being able to get anyone to help me, I slowly began to do as much of it myself as I could. Quite unconsciously I forgot that I was somewhat of a cripple, and began to hustle around. Before I realized it I was using my left arm not only up to my elbow but all the way up, raising it to reach pictures and brush woodwork.

It seemed like Heaven once more descended to earth when I made this discovery. I was so happy I couldn't believe it, and I can't explain the seeming miracle even now, though I do believe that my sudden wrench in the first place was a temporary shock, and that a little faith on my part and much belief in the power of New Thought, restored me to normal again. I'm so grateful I can't express myself in words. And to think it all came about by my coming across just one sheet of *Nautilus* so unconsciously sent my way by the little candy store lady on the corner!—M. A., Chicago.

#### Success Letter No. 892.

This little experience, the result of about a year and a half of careful study and practice of the things taught in *Nautilus*, I believe is worth passing on in the Success Letter column. The facts as set forth can be verified by the testimony of the young lady in question if there is any doubt as to their authenticity.

Florence, a young lady friend of ours, was teaching school more than a hundred miles from where we lived, when one day I received a letter from her in which she said: "My eyes are giving me so much trouble I sometimes feel I just must quit teaching. But I know if I could talk to you you would say in your characteristic way, 'Never give up.' So I am going to try to stay with it until the end of the term, if possible."

The same day I received her letter I went to my room, closed the door, opened the letter and laid it out on the table before me and, assuming a kneeling posture, implored the Source of all Supply to heal her eyes completely by six o'clock on the following Tuesday evening. Just why I set this particular time I am unable to explain, but I firmly believed this would be accomplished by that time. I did not even write her regarding the matter, but followed this procedure three times daily.

At exactly six o'clock on Tuesday evening, as I sat in the porch swing, a strange sensation seized upon me, and I pressed both my hands to

my eyes. It was as if some sudden light had struck them. Instantly I thought of Florence.

Going directly to my room, I knelt and offered my sincere gratitude to the Source of all Supply for what had been accomplished, for I realized my earnest petitions had not been unheeded.

Four weeks later Florence visited us, and I made inquiry about her eyes, and here is her own testimony: "Say, do you know that is the strangest thing about my eyes? I went to Put-in-Bay by boat Decoration Day, and that evening just about six o'clock I took off my glasses and said to one of the girls, 'I am surprised my eyes are not making me frantic today, as I imagined the reflection of the sun upon the water would almost blind me, but they have not given me the slightest trouble all day.' And, furthermore, they have not caused me the slightest bit of worry since, and I have been studying every night until quite late."

This occurred, as stated, last Decoration Day, and when I talked with her about the middle of September, she said, "I do hope my eyes hold out this winter, and believe they will, for they haven't caused me the slightest worry since the last of May." And I have not yet told her how they came to be cured. BUT THEY WILL STAY CURED.—C. E. S., Ohio.

#### Success Letter No. 893.

One year ago today I was in the last stages of what is known as "blue funk." I flew off the handle at every opportunity, which averaged about one hundred times daily. My housework piled up in the corners, and I developed a crop of crow's feet and a fringe of scold locks which hung down around my collar. My once melodious voice vanished, and when I shouted my tones sounded like "someone tearing a rag."

I was so tired I *hated* to do anything, but I read the advertisement of *Nautilus* and New Thought and "bit." The minute my weary eyes rested on the cover I felt a thrill in my heart. From cover to cover and back again I traversed. Each time the rain of love and life beautiful poured over the soil of my parched life. By the time the next number arrived, I was trying to speak softly, and from then on to now is like a glorious dream that still goes on.

My fading hair again has golden tints among the brown, my scold locks have disappeared, my color is healthy, and I have gained twenty pounds. You should see me tread on air when I walk forth. My friends say it is second blooming, but I know it is permanent. My son of five is manageable, now his heart is tuned with mine. I have had time to tune up my violin, and such a joy it is to find my added tone power. I have had published many little articles and poems—dreams fulfilled. Discouraging environment has vanished and right here in the midst, I have formed a new circle of warm friends and filled all the chinks in my heart with love and attention.

And say—my husband has even "quit" biting his finger nails. Don't laugh; it was serious to me!

Bless all the New Thought writers and *Nautilus*.—C. R. C., Iowa.



*Success Letter No. 894.*

It has been nearly five years since I first began to read *Nautilus*, and the wonderful benefits that have come to me through its teaching make me feel in duty bound to voice my appreciation.

Was under the doctor's care with health gone and home conditions representing about everything that is wrong, my husband drinking, gambling, associating with evil women and so sadly neglecting his business that we were forced to give up house-keeping and I went to reside with a sister.

It was at this time that I answered Mrs. Towne's advertisement in the *Ladies' Home Journal*. At first I was a little slow in grasping the truth, the old ways of thinking being very deeply rooted but when conditions began to improve I grew more and more enthusiastic.

My husband became ill and sent for me. Five doctors had given up his case but in three months with "Direct Healing", "Experiences in Self Healing" and by following a strict diet, he was strong and well again.

I was determined to make our home all that it should be and in renewing my subscription to *Nautilus* sent for "Practical Methods for Self Development", "Happiness and Marriage", "How to Grow Success", and "Just How to Wake the Solar Plexus". The results of their teaching are positively amazing. Our home life is perfectly congenial, for I have learned better than to make mountains out of mole hills as we all do until we learn different.

My husband is devoted and true, faithful to his business and my highest desire is to help others to find the way.

We are prospering and contented and I intend to practice the teachings of your magazine for the remainder of my life—Mrs. E. M. C., Mich.

*Success Letter No. 895.*

Several years before marriage, my services as pianist were in great demand. Many evenings I would be called upon to play at entertainments, dances, etc., and one winter when I was teaching school, I earned more with my music than the other position.

Then I married and came to this town. While I could play as well, or better than ever, I began losing out from the start. There was much professional jealousy and half a dozen players for every job.

In spite of the fact that I worked in a piano store where my work was easily noticed, I failed to make a hit. I tried to connect up with several musicians and get into an orchestra, but in vain.

Four years ago I set my New Thought to work. I knew well enough that I could play, but the fact that I didn't get a job stuck. I felt bitter and resentful toward all other pianists.

By New Thought principles, I dropped these resentful feelings and substituted redoubled efforts to improve. Also overcame scruples against playing for dances, instilled by orthodox Methodist parents. I imagined myself one of a five piece orchestra, attending to the business end, seeing myself the envied player at dances, etc., and I prayed.

Result: I am permanently connected with a six piece orchestra in a good sized nearby city and am soon moving there to take up the work more intensively.

And best of all—though I was "without honor in my own country," these people are beginning to sit up and take notice of me. I am asked to play more and more in the theatre here—really a triumph for me.

Now, of course, after making good with these people in my present position I have aspirations for a big city orchestra—maybe with myself as manager!—DAISY N. REED, Sidney, N. Y.

*Success Letter No. 896.*

I can't begin to tell what all New Thought has done for me since it came into my life, three years ago.

I have always been healthy, but I have healed (by auto-suggestion) several minor ailments peculiar to a woman of my age (fifty-three.)

Also my son, twenty-four, had a lump in his throat, by the side of Adam's apple, large as a quail's egg. Had been there since he had whooping cough, at the age of eleven. He got uneasy, thinking it might be a cancerous growth. Said, soon as he got a few days off, he would go to a specialist. I really felt uneasy, too. I thought, I'll try treating him.

For three nights, after I retired, I went into the silence and treated the case as best I knew how. Then I forgot it. It never came into my mind for three weeks. One night, after all had retired, it popped into my mind. I called to him to know if the lump was still bothering him.

He replied it was almost gone; about as large as a pea now.

A few days later I heard him telling that it was entirely gone, and how strange, after being there so long. He knows nothing about the treatment. I believe in keeping quiet in all things and at all times, but I don't keep the dear old *Nautilus* and New Thought books any secret. They are kept in plain view. But when one of my loved ones chances to pick one up, gives it the once over, then throws it down with a bang and a "Humph," a triumphant feeling steals over me, and I think, "Old Boy, it's just a matter of time until that trap holds you like a vise! You can't escape your own good."

I am looking forward to the time when we will be a New Thought family. Won't that be fine?

All thanks to *Nautilus* and to every dear soul that is broadcasting the glorious truths that set humanity free.—MRS. S. A. H., Okla.

*Success Letter No. 897.*

Seven years ago I received my first copy of *Nautilus*. For several years previous to this I had been doing much manual labor, which was entirely too much for my strength. During this time my average weight was 110 pounds. My general health had reached that stage in which each day was one of aches and pains, lack of appetite, suffering with indigestion, constipation,



rheumatism, etc. I was compelled to abandon the class of work that I had been doing.

I took medical treatment from different doctors, but my condition gradually grew worse instead of improving. Finally, I decided to try another who was highly recommended. After a very thorough examination she finally told me that she did not want to discourage or scare me, "But I feel it my duty to tell you that your right lung has a very pronounced tubercular infection." Then she advised me to seek a change of climate in order to regain my health.

When I reached home I went to my desk and picked up several issues of *Nautilus*. Now I seemed to absorb the truths much more readily than ever before. I grasped them as a drowning man reaches frantically for help.

After several hours of careful, thoughtful reading, this thought came to me: Why can't I be healed by the principles of New Thought teaching? The result was that I determined to be healed in this way.

I soon began to notice an improvement in many ways. I began to take a brighter view of life. By following the teachings of New Thought I grew stronger and happier each day. Instead of weighing 110 pounds, as I did at that time, I have increased that to 128 pounds.

I have lately been examined as a physical test to determine the condition of my health, and the physician pronounced my lungs as being perfectly normal.

When I commenced studying New Thought I was unable to read without the use of glasses. I finally realized the folly of this practice, and decided to discard them altogether. After I had made this determination I found that I experienced very little inconvenience and in a short time I could read better without them than I could otherwise. I now read and write much more than I did when I used glasses. I am now fifty years old, and I can see as well as I could at twenty-five.—N. R. R., Gering, Nebr.

**THE PRIZE WINNER** for August is L. B. C., who wrote Success Letter No. 886. We shall be glad to send the prize of three subscriptions wherever the winner directs.—C. H. S.

#### FOR WORLD PEACE.

**W**E, the Rising Generations, demand a United States of the World.

We want our idle vessels and ships to be used in times of peace for a Public University of Travel, a white fleet that shall tour the world every year. We want these ships manned with the best instructors in Art, Literature, Travel, History, Modern Languages, Sociology, Human Nature and Universal Brotherhood.

We want the students selected according to all-round merit from the graduates of public High Schools, and Industrial, Vocational and Technical Schools of all the States.

We want this postgraduate year of travel given at the expense of the nation, the students co-operating systematically with a minimum naval crew, in all work done aboard ship.

We believe in these things.

We pray for them.

We talk them.

We work for them.

We vote to this end.

—*Elisabeth Towne.*

## Department Of Whole World Realization

Conducted by THE EDITORS

Would you be at peace? Speak peace to the world.

Would you be healed? Speak health to the world.

Would you be loved? Speak love to the world.

Would you be successful? Speak success to the world.

For all the world is so closely akin that not one individual may realize his desire except all the world share it with him.

And every Good Word you send into the world is a silent, mighty power, working for Peace, Health, Love, Joy, Success to all the world—

Including yourself.

Will you join all the readers and the editors of *Nautilus* in daily thought of Whole World Realization? No membership fees or special duties, no joining of anything but a spiritual movement. The entire visible sign and direction of this Circle of Healing appears in this column, in each number of *Nautilus*. *You join the Circle in thought only. You are free to secede when and how you choose.*

No duties are attached and only one privilege, that of holding your own version of the thought expressed here-with, sending it out to all the world each night before you sleep, and as many times during the day as you think of it.

Each number of *Nautilus* carries in this column the thought to be dwelt upon until the next number appears.

The emolument of membership in this Circle is *The Cosmic Consciousness*,

Which includes Health, Happiness and Prosperity to every creature.—THE EDITOR.

#### KEY THOUGHT FOR DAILY MEDITATION:

**M**ORE abundant life  
is coming in. I am  
renewed in the spirit  
of my mind.

—C. FRANKLIN LEAVITT, M. D.





A DEPARTMENT OF  
CONSULTATION AND SUGGESTION  
CONDUCTED BY ELIZABETH TOWNE  
AND WILLIAM E. TOWNE

*"O wad some power the giftie gie us,  
To see ourselves as ithers see us,  
It wad frae mony a blunder free us  
And foolish notion."*

*We answer in this department the 1001 personal problems that are put to us—as far as space and time hold out. And we make one answer do for more than one questioner when possible. Letters that demand reply by letter should be accompanied by at least \$5.00 in payment. We would answer every letter gratis if it were humanly possible. We MUST curtail, hence the charge for querists who feel they cannot await their answers in these columns. To insure careful attention in our office write "Family Counsel" at head of sheet, and write your subscription order or other business on a separate sheet.—ELIZABETH TOWNE.*

A. W.—To make money you must learn to use the machinery of service by which money is earned. If the service you are now rendering is small, the returns must, in the nature of things, be small compared with the returns of those who render a greater service. If you are now canvassing for soap and you desire the income that goes to the proprietor of a successful millinery store, you must first fit yourself to run a millinery store, or something equally attractive to the public. Assuming that you have no capital saved, or not enough to engage in a larger undertaking, the first step is to increase your earning power. The starting point of all success is ATTENTION. Focus your attention upon each sale. You have confidence in the goods you are selling (otherwise you should immediately get some other line) and should study the best methods of imparting this confidence to possible customers. When you approach a prospect, remember that the one thing she is most interested in is herself. She isn't interested in the fact that you have soap for sale and need the money. She might be interested in the fact that you offer a good soap at a lower price than she can get it elsewhere. She might be interested if you offered her a soap with some unique, attractive feature, if she knew she could not buy it at the stores. She would be influenced by a pretty box containing attractively wrapped cakes of soap. Focus your ATTENTION upon all the details and present them in the most attractive form possible. Then give your attention to your own personality and your method of approach. An attractive personality and a friendly method of approach is essential, no matter how high grade the goods you offer. The first impression is everything. If you approach your prospect with a glum, discouraged, what's-the-use expression, if you present a careless and down-at-the-heels appearance, you give the impression that you are on an errand of small importance, in which you have little interest, and, of course, the

prospect brushes you aside before you have time to tell your story. The sale is lost before you begin. Work out, by study and experiment, the best methods of approach. Atkinson's "Psychology of Salesmanship," Landone's "How to Turn Your Desires and Ideals Into Realities," and Norwood's "Psychology of Success" will help you. When you fail to make a sale, try to analyze the cause of your failure. Don't put the blame upon the prospect. Study your own method of approach. Review your successes at the end of the day, and try to discover and classify and amplify the things you believe contributed to your success. ACT upon your decisions and keep trying to improve your methods. The same principles will apply in whatever form of work or business you engage in. Bear in mind that "Business is but the exchange of one kind of service for another kind of service." When you have made good in your present work, you will have learned enough of the principles of success to take another step forward, and then another, until you reach your goal.

AUNT BETTY.—There are two sources from which you might hope to develop something that would bring you an income. One is your home. You say roomers will not come where there is sickness. Perhaps you have decreed that so firmly for yourself that you have overlooked the solution of your problem. If the rooms are cheerful, clean, attractive, fairly well-located, if the landlady is pleasant, neat, and the price is right, I think there are persons who would be glad to rent the rooms. Have you advertised the rooms, both in the daily newspapers and by a large, attractive placard in the window? Have you advised the local Y. M. C. A., Y. W. C. A. and similar places where strangers come, that you have rooms to rent? Have you considered whether it was not possible, with slight changes, to set aside part of your rooms to be rented for light housekeeping? Or could the house be made to serve two families? The other possible source of income is yourself. Is there something you could make at home that the public would buy? I knew a woman who made a good income by starting a home bakery in a small way. Some have specialized in a few things like baked beans and brown bread. Others have successfully specialized in tea biscuits and cakes and similar products. Some have done well in selling home canned fruits and vegetables, their own brands of pickles, etc. There is a field for the sale of all kinds of home-made candies and confections, if they really have merit. (Most of these products, if they really have unusual merit, can be sold through the better class of grocery stores.) Find out what other women have done. Do not give up in discouragement. Keep thinking and investigating. There is a way to earn money and YOU CAN FIND IT.

M. S.—You may not have been conscious of effort in your visualizing, but the law of reversed effort was probably brought into operation through your imagination. One of your negative type is easily distracted. It seems quite possible that your deafness is wholly psychic. Probably, too, you greatly exaggerate it. In such cases hearing is largely a matter of attention. You are so worried and anxious, so filled with the fear that you



won't hear, that you do not really listen to what the other person is saying. You are more *interested* in your own feelings, and *attention* is distracted by interest. Why don't you try Coué's simple little affirmation? Nothing better.

GAILETTA.—If your mother is in fairly good health, it might be better for her, as well as for you, if you went away to some large city to work. You would find a new environment stimulating, after you once became accustomed to it. I think it would be only right for you to pay the equivalent of a reasonable price for your board, while you are at home. Under the circumstances, however, I think you are warranted in paying it in your own way, and at such times and in such amounts as, in your judgment, seems best. You will be doing the best thing for all concerned by making sure that any money you turn over is applied to the payment of bills for such things as they really need. You were justified, I am sure, in refusing to turn over your savings without some legal protection against loss. Are you sure that the investment you have chosen for your savings is a secure one? A banker is a much better adviser on investments, as a rule, than a lawyer.

M. W. O.—So long as you keep in your mind the idea of two forces, one good, the other evil, you will continue to have alternate periods of faith and doubt. If you will think for a moment you will realize that all the phenomena of life must proceed in accordance with certain physical and mental and spiritual laws. If this were not so, all would be chaos and there would be no stability in nature. Therefore, if one fails to understand some natural law, and brings to himself suffering, it means that the experience is necessary to his growth and we should not regard it as an evil thing, but simply as a mistake, a mistake to be remedied by trusting the wisdom within to show him the right way. "There is no such thing, and there will never be any such thing, as an infallible method of treatment for the sick, because the wisdom of man is finite. Life would be a colorless affair if we were perfect and always got perfect results from our efforts. The glory of life is to learn and progress. Obstacles exist in order that we may overcome or go around them. Put your faith in the underlying good, when it comes to healing another, but remember, it is THEIR wisdom and desire that must be awakened to healing, and while you may help to bring the desired result, yet it rests with the individual himself in the last analysis whether or not you are able to help him.

MRS. M.—It seems to me the better way is to stay right where you are until the children are older. You would have to face a long, difficult struggle to support yourself and it is very doubtful if you would be any happier than you are now. It seems to me that you are pursuing a directly wrong course if you wish to promote peace and friendly relations in the family. You have let a false pride and a false egoism draw you into your present situation and even made a virtue of it. Read the little booklet, "Evolution of a Real

Marriage." So long as you are determined to force others to do as you think they ought to do, you will fail to find a satisfactory basis for a family life. It is within your power to become such a radiating center of good will that others will naturally desire to co-operate with you to a great extent. While you cannot bring back the past yet you can so mold and shape present events as turn the past to good results for all concerned.

A. C.—Your daily work is of such a nature that it tends to discourage creative writing in the evening. The mechanical part of writing is too much like your day's work. Then, too, in your case the motive is necessarily weak. I should say that what you need first is to stimulate ambition and interest. Get the set of six small books by Cody, entitled "The Art of Writing and Speaking the English Language." These are published by Funk & Wagnalls Company, New York City. Do not try to read or study them laboriously, but go over what appeals to you, particularly in the volumes on "Constructive Rhetoric" and "Composition." These two books will bring into your mind a host of associated ideas that will stimulate your ambition and interest and develop your constructive ability. Then you should form the habit of writing *every* day, even if it is only a few lines. Put your *best* into each day's production. Concentrate your *attention* upon it, until you are really *interested*. Every successful writer needs frequent renewal of his emotional life. This may often be accomplished by change. Seeking "local color" for a story is an example of what I mean. You can do this, on a small scale, by searching out that which is new to you, of unusual, in the life of your own city. You can get renewal of the emotions and creative forces, in some degree, from lectures, poetry, music, the theatre, books and contact with people. Read the chapter on "Ambition," in "Psychology of Success." Take a long walk every day. Sir Walter Scott made it a rule to walk as many hours each day as he spent in writing. Try suggestion night and morning, using some such simple affirmation as "Day by day, in every way, I write with greater freedom of expression, and with greater interest." Repeat the affirmation twenty times, night and morning.

S. X.—Read Warman's "Psychic Science Made Plain," Vol. II, for an explanation of the phenomena of spiritism, clairvoyance, etc. Another splendid book is Hudson's "Law of Psychic Phenomena." Both these writers teach that the phenomena referred to is a manifestation of the subconscious mind.

H. M. L.—Speak very slowly. Use, night and morning, Coué's "Day by day in every way I am growing better and better." Stammering is nothing but a loss of self-confidence. You can talk normally as soon as you believe that you can. Read the little booklet (our little 25 cents publication), "How Children Are Helped by Suggestion." It gives the experience of a father who cured his little daughter of stammering.





*A Cozy Corner Department where every-body chats and the Recording Angel sets down what she can find room for.*

**Bless The New Thought Missionary!—**

Dear Elizabeth Towne: I will try to tell you of the good that has come to me through your *Nautilus* magazine. I was first on your subscription list 12 years ago in another state, and before my marriage.

Have been buying *Nautilus* most of the time, as I was traveling around. By the teachings I have overcome fear and slavery to old false beliefs. It has carried me through the valley of the shadow of death, laid low hereditary taints, both physical and mental. By that I don't mean to convey the idea that I have no problems and my work is done. I mean that I fear no evil, and am free to do my work more successfully every day, hour by hour. I know my needs will be met; my help is ever present.

I have in the meantime studied C. S., the Bible, of course, Emerson, and I read many other magazines on New Thought.

But when I'm after help in those times when we want it quick, I pick up a *Nautilus*, and a sentence or a word sometimes clears my vision. I have carried the magazines with me everywhere, and had the pleasure of seeing men and women pick them up off of car seats, reading them and carrying them out, when they left. I blessed them on their missionary journey. All of the articles are good and have helped me, but my needs have been especially met by William and Elizabeth Towne, Paul Ellsworth and Browne Landone. I shall always keep some of my old numbers.

And you, Elizabeth Towne, are growing and expanding wonderfully. I glory in it. It helps the world onward and upward. This is to thank you, most of all, for the help received, and to tell you I love and admire you and your work. God bless you.

*My silver Jubilee Prayer for You is:*

God bless her work and Elizabeth Towne

And all her helpers she has around;

God Bless the *Nautilus* that helped me see,

God bless the *Nautilus* that is to be.

—LULU FREEMAN, (Mrs. T. H.), Yakima, Wash.

**How New Thought Healed a Canadian Girl:—**

A physical wreck through want of proper food—a nervous wreck through worry—a spiritual wreck through the deaths of two dear ones, which shook my weak faith to its roots, I went into a sanatorium to die, repeating the little chant with its varying emphasis—"I have tuberculosis."

Each day I imagined the disease making headway in my lungs—the left one was badly

infected—the right one not so much infected. At each spell of coughing I thought of the tissue that was torn away never to be replaced. I was going to die, and my sole prayer, prayed in bitterness of spirit, was "hasten the day."

From a happy girl, who, while never very strong, had been blessed with a sunshine-y disposition, I was developing into a morose cynic. I ate very little—one cannot eat when the heart is full of smouldering bitterness—but owing to the fluctuating fever I drank a great deal.

I was well supplied with reading matter, and upon reading an article along New Thought lines in a Boston magazine one day, I wrote, with characteristic impulsiveness, to the writer, in care of the publication, feeling at the time that the letter was the last I should ever write, for I was getting very weak.

The answer came promptly—a letter that puzzled me. A copy of *Nautilus*, sent me by the writer, reached me a few hours later. I liked some of the thoughts in it, but as for healing one's self by thinking—that was "rot!" More copies of *Nautilus* reached me, together with other reading matter, and this New Thought advocate who had never seen me, who only knew that I was a sick girl, friendless, homeless, penniless, letting go her hold on life, continued to write encouraging letters. The change in thought was so gradual that I cannot tell just when I began to think that I would get well—I only know that I found myself saying, "I am going to get well," altering it later to "I am getting well," and this in the spring of the year, when the patients around me were dying with horrifying frequency.

After several weeks of continual little setbacks, I came to the conclusion that such surroundings were not the right ones to get well in. My own cough was getting better, but my lungs were irritated by the coughing of others, and I felt as though I must go where people were living—not dying—if I was ever to get well—and I did.

It has taken me eighteen months to lose the hectic flush and the parched, blistered lips, and the rise in temperature. I have not lived under ideal conditions. I could not sleep in a tent, nor even on a porch, but merely in a well-ventilated room. I have not done a great many of the things a sanatorium patient is supposed to do. I haven't eaten meat three times a day or even twice—sometimes I haven't eaten it at all—I couldn't afford to.

I have practically lived and gotten well on a vegetarian diet. I have not spent the time in complete rest—I have had to earn money by writing articles for agricultural weeklies, and I have had to prepare my own meals, though at the beginning of the treatment of myself under my own care I was not able to do any more than pour the milk out of its capped bottle and drink it, and milk was my sole food for longer than I care to remember.

I visualized my lungs with their diseased



cells in my mind's eye. I have watched in imagination the building of the fibrous wall that was to block in the disease-bringing germs.

I began to feel better, but I could not rest well at night. I dreamed always—horrible, terrifying dreams. I was longing for sleep; but I began to be afraid of sleeping—afraid of the continually recurring nightmare. Even as a small child I had slept lightly, and often awakened the members of the household by screams of terror while dreaming.

Shortly before an article on pre-sleep suggestion appeared in *Nautilus*. I began to try New Thought for sleep. Having settled down for the night and affirmed that I was getting well, I declared that I was going to sleep until half-past eight. Awakening at half-past one I affirmed the same thing, and every time I awakened through the night repeated the affirmation. I began almost immediately to sleep for longer periods than usual, and in two weeks' time slept for seven hours with no bad dreams to disturb my rest. I have recently changed my rising, or rather awakening hour to seven-thirty, and have realized for the first time the joy of awakening free from physical and mental weariness.

When early last spring I was asked by a friend why I didn't write children's stories, I answered promptly, "Because I can't," forgetting for the moment that the word "can't" had been expunged from my dictionary and vocabulary. I did write a story for children—my very first attempt at fiction—and sold it. Since then I've spent all the time I could writing more and selling them. When my brain seemed to be void of ideas I again tried New Thought *during* sleep, and ideas simply poured in.

Writing to my pen friend, the New Thought advocate, recently, I said, "I am beginning to think that the only limit to the power of New Thought is the limit of one's belief in the power of Divine Love."

When my friends stop me on the street and say, "What have you been doing to yourself?—you look so splendid!" I realize how much I owe to New Thought, and remember, with a smile, that proves I am developing patience, even with my ownself, that I once called it "Rot!"—Miss L. D. MILNER, 355 Waverly St., Ottawa, Can.

*Georgina Mandiola Makes Good in New York:—*

Three years ago we landed in this wonderful country of Opportunity . . . One of the very first things I did was to take the train to Springfield, Mass., to visit, and become personally acquainted with Mr. and Mrs. Towne, whom I had known so long through the *Nautilus*. Needless to say, they received me with open arms—that is, Mrs. Towne did—although Mr. Towne did not *literally* do the same, his welcome was none the less kind, courteous and sincere—it could not possibly have been otherwise for—that's "William": the personification of what those three little words convey!

Mrs. Towne very kindly thought of giving me a letter of introduction to a friend in this city, and I remember that, among other nice things she said in this letter about me, she remarked: "I believe she will make good—even in New York!"

Now, during all the time that had elapsed since that letter was written and delivered, although I had taught and healed many and comforted not a few, I had never stopped to think if I had really "made good"—until one day, about four months ago, the realization of this fact was suddenly disclosed to me!

I will relate the experience so that the readers of the Master Mind may judge for themselves:

I had occasion to go once a week, more or less regularly, to a business house, where I was always attended by a fine young Jewish woman, whom I will call "Eve." In the course of conversation, I very soon found that Eve was greatly interested in Truth, and, naturally, our short weekly conversations were always upon this most vital subject.

As we all know, we cannot very well talk Truth without quoting the good Book freely and understandingly, and so it came to pass that one day Eve asked me if I thought she might study the Bible . . . I assured her she could not study a better book, and gave her instructions where she could obtain the Oxford teacher's edition.

Weeks passed in which I did not see Eve, as my time was wholly taken up by my many duties, until one day, about four months ago, I went to see her at the store. As I was leaving, she took me aside where we could not be overheard by the rest of the employees, and, taking one of my hands in both of hers, with voice quivering with emotion and eyes misty with unshed tears, she whispered: "Mrs. Mandiola, I do not know how to thank you for what you have done for me." . . . I looked at her in genuine surprise, for I was not aware of having done anything special for her that, in my opinion, justified her very apparent gratitude, and answered: "Why, Eve, what have you to thank me for; what have I done for you?"

Pressing my hand a little more, and with a look of such intense love and reverence that I shall never forget, she said:

"YOU HAVE TAUGHT ME TO KNOW AND TO LOVE CHRIST."

When the "lump" in my throat had subsided and I could think clearly, I thanked God for this wonderful experience, and also realized exultantly that dear Elizabeth Towne's belief in me had materialized and I *had* "made good"—even in New York!—MRS. GEORGINA HOOPER MANDIOLA, Hotel Albemarle, New York, Letter to Mrs. Militz.

*After Mrs. Towne's address in New York City on June 4, 1922, Subject: "The Road to Greatness and Beyond," a widely known young woman of New York City shook hands with her and said, "I postponed killing myself over my troubles just to come and hear you lecture. As a result of hearing you this afternoon, there will be no suicide."*



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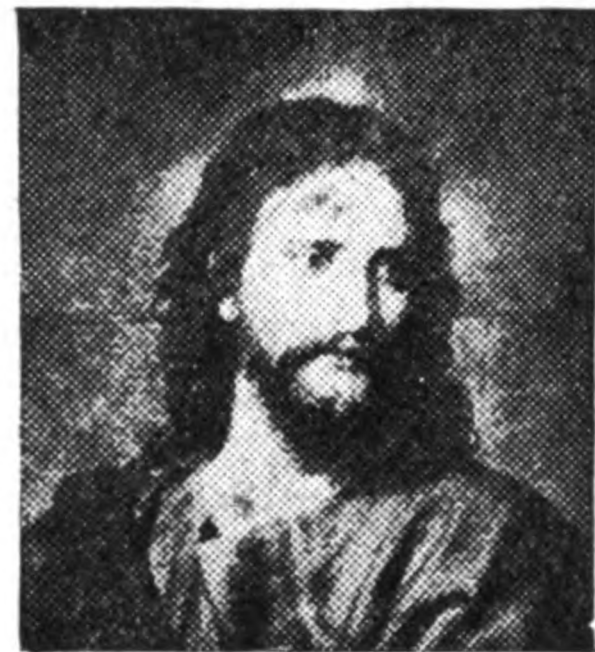
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Following are instances of direct success among our cases: PARALYSIS. Age 61. Right hand and leg helpless three years; restored in three weeks.

Another, age 65, bedridden hemiplegia. Sensation restored in three days. Could walk two miles daily after six weeks.

ARTHRITIS. All joints swollen with lime deposits. Knees and wrists locked immovable for eight months. Blind for two years. Can now see, walk, and do home work.

CATARRH, HAY FEVER, RESULTING DEAFNESS decreased from the first meal.

TUMORS. Case, age 40. Tumors weighing about thirty pounds dissolved within a year.

GOITRE. Collar reduced 17 to 15, normal size.

UTERINE HEMORRHAGE. Age 50. Three years in rolling chair weak from constant discharges. Now does housework including washing.

ECZEMA. Age 66. Eyebrows lost. Skin cracked and scaling. Normal in three months.

PYORRHEA. Age 65. Pus ceased on 7th day.

PREGNANCY. Age 30. With last two children suffered no nausea, no swollen feet nor constipation as previously. Delivery painless.

CONSTIPATION. Severe cases yield within a week. Sworn statements. Over 3000 pupils. Educational book 10 cents.

Brinkler School of Eating

Dept. 9, 131 West 72nd Street, New York

Say you saw it in NAUTILUS. See guarantee, page 5.



# How Mr. Landone Made Me Worth \$9100 More

## Why This \$10 Course Is Now Only \$4.97

Mr. Landone has agreed, for the present and as an experiment, to reduce his royalty on "THE SUCCESS PROCESS" course to a point that enables us to cut the price in half.

So, if you act at once, you can get the complete course for only \$4.97 (formerly \$10) and save 50%. SEE FREE TRIAL OFFER.



Brown Landone

**T**O all outward appearances I am the same man I was a very few years ago—but what a revolution has occurred in the earning power of my brain!

I have literally "marked up" the price of my services 800% and the business world is glad to pay the advance—because I am now actually worth eight times as much. I can say without being conceited that this is amazing, for the credit all belongs to my friend, Mr. Brown Landone. He has made me worth \$9,100 more each year to myself. This is how it happened:

I was earning \$25 a week as a stenographer and secretary to the general manager of one of the largest paint companies in the country. I was ambitious, and read many magazine articles on "how to succeed". Many of these gave the views of famous men, and I soon found that each successful man gave just about the same directions:

"Work hard with enthusiasm. Be industrious, persistent, and determined. Have sincerity, earnestness and self-confidence. Cultivate self-control, tact, patience, and imagination. Learn to concentrate. Keep good health and good appearance, etc., etc."

I examined myself honestly and found that I was doing all of these things, yet I didn't see that I was likely to become successful because of these personal qualities alone. I finally decided that the famous men were either keeping back their real secrets, or else that they really didn't know just why they had succeeded.

Then one day my employer took me with him to a luncheon of the Commerce Club. Mr. Brown Landone was scheduled to speak and I was to make a shorthand report of his lecture.

Mr. Landone's ideas about success were so different! I was startled to find that he agreed with me about the advice given by successful men. In place of recommending the cultivation of a varied assortment of essential personal qualities, he named and explained five simple "factors" that he had found behind all success, and which, taken together, will guarantee success in any line of endeavor.

When the talk was over I joined the group that surrounded Mr. Landone and finally got a chance to ask

him where I could learn more about the "success process" he had outlined.

I sent to the publishers he named for a set of the lessons. As I read and reread them I saw, spread out before me, the whole clear, definite process by which all successful men have arrived at leadership. It was as plain and unquestionable as a road map from the Automobile Blue Book! Not a signpost or a direction was missing.

I set out then and there to put myself through the "success process" with enthusiasm, for I found that the process actually worked, and in the bright light of Mr. Landone's clear directions the road to success was fascinatingly easy to follow. I have found in the seven lessons of Mr. Landone's "Success Process" all the secrets that a famous man always unintentionally leaves out when he tries to tell how he succeeded himself.

I have learned the secrets of *Freedom*; how to overcome self-limitations, circumstances, and adverse conditions. I have found the hidden springs of profitable *Activity*; how to vision and execute. I have discovered the unchanging methods of gaining *Leadership*; how to get others to recognize my ability and render me adequate compensation. In a word, I have succeeded beyond my greatest expectations. At twenty-five I enjoy a salary of \$200 a week—eight times what I received when I first heard of the "Success Process."

This is the story of but one man. Similar experiences could be multiplied indefinitely, but why repeat more when you can get a complete outline of THE SUCCESS PROCESS LESSONS and Lesson One for free trial from The Elizabeth Towne Co., Inc.?

### SEND FOR THIS FREE TRIAL LESSON.

Just jot down your name and address on the free trial coupon below and we will send Lesson I of "THE SUCCESS PROCESS" for 5 days' trial with no obligation on your part. We will also send complete outline of the contents of the seven Lessons of the PROCESS. After examining the Lesson if you decide to return it you will owe us nothing. But if convinced that this PROCESS will put YOU on the road to success, send only \$4.97 (just half the regular price), and the other six lessons will be mailed you at once.

THE ELIZABETH  
TOWNE CO., INC.,  
Holyoke, Mass.

### Try These Ideas

- How to measure yourself to determine cause of past failures.
- The way of doing things that GUARANTEES success.
- How to select plans that will succeed.
- A simple, certain process by which you can remember.
- How to idealize the process to insure success.
- How to win influential friends.
- How to convince people.
- How to win interest.
- How to be a leader.

### Free Trial Coupon

THE ELIZABETH TOWNE CO., Inc.,  
Holyoke, Mass.

Please send free trial lesson one, "THE SUCCESS PROCESS," and full outline of the entire course. Within 5 days I will either remail the lesson to you or send only \$4.97 in full payment for the complete course.

Name .....

Address .....

**NOTICE**—If you send \$4.97 today with the coupon it will be refunded if you do not care to keep the lessons.

Say you saw it in NAUTILUS. See guarantee, page 5.

UNITY PRESS HOLYOKE, MASS.





## THE NEW WAY TO HEALTH AND PROSPERITY

**Elizabeth Towne's Four Lessons will tell you:  
How to use New Thought for HEALTH; how  
to attract FRIENDS; how to gain SUCCESS.**

In quickly demonstrating results in the way of improved health, greater prosperity and increased happiness, Mrs. Towne's four practical Lessons have made a splendid record.

Here are statements by just a few of the readers of *Nautilus* who have used the Lessons.

### **She Let Her Love-light Shine and Found a Mate**

"I tried your idea of turning my love like a searchlight on all people, as directed in Lesson III. You see, there are no single men in B—. So I tried it on the married ones for practice, and do you know, my dear, I had four different men (right in my own 'set') ask me to go some place or other with them. It seemed to work out like that. Of course, I was not working for such entertainment (as I even turned my 'light' on old 'Tom Casey,' who wears a patch over his eye). I was looking for 'my own.'

"Well, I finally went up to Chicago to consult a new oculist. I didn't even think of my 'searchlight.' I thought, of course, the oculist was married, for I never imagined such a fine man would ever escape. I went up last April—went again this 19th September. He asked me to go to the opera and dinner. Found he was a widower. Simply a fine man, money and fine practice, specialist, full of New Thought ideas, too, good looks; and *now* I am just the happiest girl, because we are *engaged*, and I *know* he is the right one. Just wonderful. Isn't it?

"This is a secret, but I wanted to tell *you*, because I did *just* as you told me to do in your Lessons, and as I was under your instruction I thought I ought to tell you I had made my demonstration."—G. S., N. Y.

### **The Four Lessons Bring Improvement in Health**

"By the time gout and rheumatism had controlled me a year and a half I was almost helpless. Feet swollen, joints enlarged, great bunches on my knees, hands drawn and swollen. I could not lie on either side on account of sciatica.

"I was told of Elizabeth Towne's books and Lessons, which I obtained as soon as possible. Reaction began at once. (This was the first I had ever heard of New Thought.)

"In six weeks from the time I began to study New Thought I was not *suggestive* of rheumatism. In three months I was entirely healed. I wore shoes one size smaller and three widths narrower. The swelling was all gone from my feet. They were again normal in size and shape."—F. G. W., Ohio.

"Work doesn't use me up and upset my digestion now. Haemoglobin jumped from 75 to 100 per cent showing more oxygen in blood."—L. R. CORNMAN, M. D., Boise, Ida.

### **The Four Lessons Bring SUCCESS**

"Never, in any one month, have I had so much business come my way—nearly \$100,000 worth in a single month."—J. E. H., Newark, N. J.

"In the past month I demonstrated \$200 with your Lesson II. Thank you for your wonderful help," writes a Texas woman.

"My business has increased nearly \$300 this month. I am so thankful for your lessons."—A. W., Ill.

"Needed supplies which had seemed almost impossible to obtain have this month poured in with remarkable ease. The work on this lesson has been a pleasure."—H. C. S., Conn.

"Visualized for money. Received \$50 from a friend to whom I gave a bouquet when ill."—W. K. H., Wis.

THESE LESSONS ARE FREE with an order for our own publications (at full retail price) amounting to not less than \$3.20.

Or, you can get the Four Lessons and two small books that go with them for \$1.60.

**The Elizabeth Towne Co., Inc., Holyoke, Mass.**